
Diabetes Educational Resources

for Minority
and Low Literacy
Populations

Office of Minority Health
Resource Center
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Coalition for Diabetes Education and Minority Health

Diabetes Educational Resources for Minority and Low Literacy Populations

A project of the Education Committee of the
Coalition for Diabetes Education and Minority Health

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- Coalition for Diabetes Education and Minority Health
- Michigan Diabetes Research and Training Center
- Michigan Department of Public Health
- American Diabetes Association, Michigan Affiliate, Inc.

To order additional copies of *Diabetes Educational Resources for Minority and Low Literacy Populations*, please contact:

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Preface

Information about the print and media materials listed in this resource guide was obtained from a variety of sources. The Education Committee of the Coalition for Diabetes Education and Minority Health collected information about materials, and about health agencies and distributors of materials who were potential sources of information. The National Diabetes Information Clearinghouse, and the Office of Minority Health Resources were particularly helpful. Letters went to each distributor, asking for confirmation of the availability of their listed materials, and for information about any additional materials they might have.

In spite of this rather intense effort, we are aware that useful materials have no doubt been missed. We would appreciate your help in locating these materials, and in providing information that could be included in the next edition of this resource guide. A form for you to use is included at the end of this book.

No attempt has been made to assess the quality of the listed materials. They have been cross-indexed by title and language, and the distributors have been listed. Cost of the materials has not been included, as prices change frequently. Similarly, we have not attempted to cross-index by intended audience, as the information received from distributors was not always clear or explicit. For further information about any listed resource, please contact the distributor.

If you use any of the listed materials, please let us know what you think. A second edition of this resource guide will be produced in the future. If you think any particular resource is especially good—or bad—we will try to incorporate that information.

We hope this resource guide is useful to you in your work as a diabetes educator.

Education Committee of the Coalition for Diabetes Education and Minority Health

Co-Chairpersons: Robert M. Anderson, EdD
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Contents

| | |
|--------------------------------|----|
| Media Programs | 1 |
| Print Materials | 19 |
| Language Index—Media Programs | 45 |
| Language Index—Print Materials | 49 |
| Distributors—Media Programs | 57 |
| Distributors—Print Materials | 59 |
| Title Index—Media Programs | 65 |
| Title Index—Print Materials | 67 |
| Other Resources | 73 |

**Diabetes Educational Resources
for Minority and Low Literacy Populations**

Media Programs

Title: *The Adult on Insulin—Injecting Insulin (El Adulto que Utiliza Insulina)*
Producer: Milner-Fenwick, Inc.
Publication Year: 1982
Description: Video—VHS, Beta, 3/4; Super VHG, 8mm on request; 9:40 minutes
Target Audience: Patient
Languages: English, Spanish
Synopsis: The necessary equipment and procedures for insulin injection are detailed in this presentation designed to familiarize adults with self-injection. Parts of the syringe are described; the importance of a sterile needle and the avoidance of air pockets in the syringe are stressed; guidelines for injection site rotation are given.
Distributor: PATIENTVISION, Milner-Fenwick, Inc.

Title: *Aprendiendo a Vivir con la Diabetes (Learning to Live with Diabetes, Part I: Diet and Nutrition)*
Producer: Texas Department of Health
Publication Year: 1986
Description: Slide/tape—75 slides, 1 audiocassette, 1 script; time not listed
Target Audience: Patient
Languages: Spanish
Synopsis: Brief overview of the role of diet and nutrition in noninsulin-dependent diabetes. Management of diabetes, and the basic concepts and skills necessary for its control are explained. Situational photos, caricatures, easy-to-read graphics, and conversational language style are used.
Distributor: Texas Department of Health

Title: *Biblioteca de Diabetes en audio casete Tel-Med (Tel-Med Tape Library: Diabetes)*
Producer: Tel-Med, Inc.
Publication Year: Not listed
Description: Six recorded messages available through dial access in some areas of the United States. 31:00 minutes total. Dial access number: 714-825-7000
Target Audience: General, patient
Languages: English, Spanish
Synopsis: Symptoms and signs of diabetes are reviewed; preventive measures against foot complications are outlined; insulin-dependent diabetes in children is discussed; causes, symptoms, treatment of hypoglycemia and diabetic coma are listed; meal planning with the exchange list system and maintenance of ideal body weight are explained.
Distributor: Tel-Med, Inc.

Title: *Como Cuidar su Cuerpo (Taking Care of Your Body)*
Producer: Medcom, Inc.
Publication Year: 1983
Description: Slide/tape; 18:00 minutes. Also available in videocassette and filmstrip formats. Part of series, *Diabetes Care*.
Target Audience: Patient
Languages: English, Spanish
Synopsis: The importance of personal care in the prevention of complications is outlined, including: careful examination of skin, teeth, feet, legs; precautions for avoiding injury or damage; early recognition and treatment of minor injuries; guidelines for sick day care.
Related Materials: Instructor's guide is available.
Distributor: Medcom, Inc.

Title: *Como Reducir el Riesgo de las Complicaciones de la Diabetes (Diabetic Complications: Reducing the Odds)*
Producer: Medcom, Inc.
Publication Year: 1983
Description: Slide/tape; 16:00 minutes. Also available in videocassette and filmstrip formats. Part of series, *Diabetes Care*.
Target Audience: Patient
Languages: English, Spanish
Synopsis: Diabetes is compared to a high-risk game, with diet, medication, and exercise listed as 'three aces.' Complications are described, prevention and treatment emphasized. Eye, kidney, and cardiovascular disease, infection, and neuropathy are covered.
Related Materials: Instructor's guide, patient handouts, performance checklist.
Distributor: Medcom, Inc.

Title: *Complications and Diabetes*
Producer: Canadian Diabetes Association
Publication Year: 1987
Description: Video; 12:00 minutes. Part of series, *Taking Charge: Living with Diabetes*
Target Audience: Allied health, general, patient
Languages: English, Spanish
Synopsis: Overview of diabetes, and its acute and long-term complications. The causes, symptoms, prevention, and treatment of hypoglycemia and ketoacidosis are covered; sick day guidelines are given; microvascular complications, blood vessel disease, nerve damage are discussed.
Distributor: Oracle Film and Video

Title: *Los Consumidores Quieren Conocer sobre la Diabetes (Consumers Want To Know About Diabetes)*
Producer: Walter J. Klein Company, Ltd.
Publication Year: Not listed
Description: Video; 14:05 minutes
Target Audience: Patient
Languages: Spanish
Synopsis: Successful monitoring, testing, and treatment of all forms of diabetes are described. Shows how a frightened man with out-of-control diabetes gains good health, good spirits, and good control of his life.
Distributor: Walter J. Klein Company, Ltd.

Title: *Cooking for a Healthier Heart*
Producer: American Heart Association, San Francisco Chapter
Publication Year: Not listed
Description: Audiovisual
Languages: Pilipino (Tagalog). (English translation available.)
Synopsis: Not listed
Distributor: American Heart Association, San Francisco Chapter

Title: *Diabetes and the Black Community (Hispanic)*
 Producer: Mark Alyn Communications
 Publication Year: 1988
 Description: Video—VHS, Beta; 23 minutes; color
 Target Audience: Educators
 Languages: English
 Synopsis: Distinguishes between NIDDM and IDDM; gives socioeconomic statistics. Panel discusses reasons for the increased prevalence of diabetes compared to country of origin, ways to motivate patient self-care and control, provides an in-depth look at the special problems each community has with diabetes.
 Distributor: Universal Health Associates

Title: *Diabetes During Pregnancy—How to Keep the Balance*
 Producer: Navajo Area Dental Media/Materials Committee
 Publication Year: 1990
 Description: Slide/tape; 10 minutes (English), 15 minutes (Navajo); 52 color slides
 Target Audience: Pregnant women with pre-existing or gestational diabetes
 Languages: English, Navajo
 Synopsis: Describes the effects of diabetes on pregnancy and of pregnancy on diabetes; provides basic information about blood sugar control. Shows how the traditional Navajo beliefs about balance and harmony can be useful in the control of diabetes during pregnancy.
 Related Materials: 55-page user's guide
 Distributor: Indian Health Service Diabetes Program

Title: *Diabetes and Exercise (Ejercicios para Diabeticos)*
 Producer: Milner-Fenwick, Inc.
 Publication Year: 1986
 Description: Video—VHS, Beta, 3/4; Super VHG, 8mm on request; 11:20 minutes
 Target Audience: Patient
 Languages: English, Spanish
 Synopsis: Describes exercise as a key component of treatment in both IDDM and NIDDM. Animation is used to show how exercise affects insulin action. Ways to incorporate appropriate exercise into a daily routine are suggested.
 Distributor: PATIENTVISION, Milner-Fenwick, Inc.

Title: *Diabetes: Taking Care of Your Skin and Feet*
 Producer: White Mountain Apache Tribe
 Publication Year: 1982
 Description: Slide/tape; 53 slides; 9:00 minutes; color
 Target Audience: Patient
 Languages: English
 Synopsis: Discusses how people with diabetes can be aware of skin problems, and take care of their skin and feet. Signs of infection are covered.
 Distributor: White Mountain Apache Tribe Health Education Program

Title: *Diabetes: What Is It?*
 Producer: White Mountain Apache Tribe
 Publication Year: 1982
 Description: Slide/tape; 46 slides; 5:00 minutes; color
 Target Audience: Patient
 Languages: English
 Synopsis: Gives introduction to how insulin works in the human body. Discusses what kinds of people are more likely to get diabetes, and its warning signs.
 Distributor: White Mountain Apache Tribe Health Education Program

Title: *La Diabetes y Usted (Diabetes and You)*
 Producer: Medcom, Inc.
 Publication Year: 1983
 Description: Slide/tape; 15:00. Also available in videocassette and filmstrip formats. Part of series, *Diabetes Care*.
 Target Audience: Patient
 Languages: Spanish
 Synopsis: Glucose metabolism is described, IDDM and NIDDM are differentiated, individualized treatment regimens are reviewed, monitoring is included.
 Related Materials: Instructor's guide
 Distributor: Medcom, Inc. Customer Services Department

Title: *Diabetic Retinopathy (La Retinopatía Diabética)*
 Producer: Milner-Fenwick, Inc.
 Publication Year: 1984
 Description: Video-VHS, Beta, 3/4; Super VHG, 8mm on request; 10:00 minutes
 Target Audience: Patient
 Languages: English, Spanish
 Synopsis: Diagnosis and treatment of diabetic retinopathy, including physiology of the eye, effects of microaneurysms, macular edema, proliferative retinopathy. Fluorescein angiography, laser treatment, and vitreous surgery are discussed.
 Distributor: PATIENTVISION, Milner-Fenwick, Inc.

Title: *Diabetic's Life*
 Producer: Biomedical Communications, University of British Columbia
 Publication Year: 1982
 Description: Slide/tape; 15:00; program guide. Also available in videocassette format. Part of series, *Happy Living*.
 Target Audience: Patient
 Languages: Chinese, Greek, Italian, Japanese, Portuguese, Punjabi
 Synopsis: A man who has had IDDM for 35 years describes his childhood, personal accomplishments, family life, and professional growth, emphasizing good control of diabetes as a means to lead a normal, full life.
 Related Materials: Program guide
 Distributor: Biomedical Communications, University of British Columbia

Title: *Diet and Diabetes*
 Producer: Biomedical Communications, University of British Columbia
 Publication Year: 1982
 Description: Slide/tape; 9:00 minutes; program guide. Also available in videocassette format. Part of series, *Happy Living*.
 Target Audience: Patient
 Languages: Chinese, Greek, Italian, Japanese, Portuguese, Punjabi
 Synopsis: The role of diet in the management of diabetes is outlined. Blood glucose regulation is explained. Carbohydrate (simple and complex), protein, and fat metabolism, using exchange lists for meal planning, and development of an individualized regimen are described.
 Related Materials: Program guide
 Distributor: Biomedical Communications, University of British Columbia

Title: *Diet and Exercise for Type I Diabetes*
Producer: Medcom, Inc.
Publication Year: 1983
Description: Slide/tape; 24:00 minutes. Also available in videocassette and filmstrip formats. Part of series, *Diabetes Care*.
Target Audience: Patient
Languages: English, Spanish
Synopsis: The role of diet in stabilizing blood glucose levels and maintaining appropriate weight is described. The exchange system is explained, and tips for cooking, shopping, and eating out are given. Benefits of exercise are summarized, and suggestions for beginning and continuing an exercise program are outlined.
Related Materials: Instructor's guide, patient handouts, performance checklist.
Distributor: Medcom, Inc.

Title: *Diet and Oral Medication for Type II Diabetes*
Producer: Medcom, Inc.
Publication Year: 1983
Description: Slide/tape; 19:00 minutes. Also available in videocassette and filmstrip formats. Part of series, *Diabetes Care*.
Target Audience: Patient
Languages: English, Spanish
Synopsis: The role of diet in controlling Type II diabetes and maintaining appropriate weight is described. The exchange system is explained, and tips for cooking, shopping, and eating out are given. Oral hypoglycemic agents are discussed, and their side effects noted.
Related Materials: Instructor's guide, patient handouts, performance checklist.
Distributor: Medcom, Inc.

Title: *Dietary Management for Hypertension: Chinese Style*
Producer: San Francisco Department of Public Health (funded by Asian/Pacific Islander Task Force on High Blood Pressure)
Publication Year: Not listed
Description: 78 slides; 20 minute audiotape
Languages: Mandarin, Cantonese. (English translation available.)
Synopsis: Not listed
Distributor: San Francisco Department of Public Health

Title: *Drink Less Alcohol*
Producer: Swanson Center for Nutrition
Publication Year: 1981
Description: Slide/tape program; 5-7 minutes
Target Audience: Patient
Languages: English
Synopsis: Part of a series designed to teach clients, especially Native Americans, about noninsulin-dependent diabetes and diet. Short, simple messages about alcohol consumption in the diabetic diet and the number of calories in various alcoholic beverages. Includes questions and answers related to the information.
Related Materials: 8-page booklet, reading level 8, covering same information
Distributor: Swanson Center for Nutrition, Inc.

Title: *Eat Less Fat*
Producer: Swanson Center for Nutrition
Publication Year: 1981
Description: Slide/tape program; 5-7 minutes
Target Audience: Patients, especially Native Americans
Languages: English
Synopsis: Part of a series designed to teach clients about noninsulin-dependent diabetes and diet. Simple messages about the benefits of the person's eating less fat. Includes questions and answers related to the information.
Related Materials: 10-page booklet, reading level 8, covering same information
Distributor: Swanson Center for Nutrition, Inc.

Title: *Eat Less Food*
Producer: Swanson Center for Nutrition
Publication Year: 1981
Description: Slide/tape program; 5-7 minutes
Target Audience: Patients, especially Native Americans
Languages: English
Synopsis: Part of a series designed to teach clients about noninsulin-dependent diabetes and diet. Simple messages about the benefits of the person's eating less food. Includes questions and answers related to the information.
Related Materials: 12-page booklet, reading level 8, covering same information
Distributor: Swanson Center for Nutrition, Inc.

Title: *Eat Less Sugar*
Producer: Swanson Center for Nutrition
Publication Year: 1981
Description: Slide/tape program; 5-7 minutes
Target Audience: Patients, especially Native Americans
Languages: English
Synopsis: Part of a series designed to teach clients about noninsulin-dependent diabetes and diet. Simple messages about the benefits of the person's eating less sugar. Includes questions and answers related to the information.
Related Materials: 16-page booklet, reading level 8, covering same information
Distributor: Swanson Center for Nutrition, Inc.

Title: *Embarazo y Diabetes (Diabetes in Pregnancy)*
Producer: Hospital Satellite Network
Publication Year: 1987
Description: Video; 13:00 minutes. Part of series, *Prenatal Care*.
Target Audience: General, patient
Languages: Spanish
Synopsis: This program provides simple, step-by-step instructions for the expectant mother to help her monitor and control her diabetes. The emphasis is on diet and monitoring of insulin and blood pressure.
Distributor: The Altschul Group

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| Title: | <i>En Balance y en Control (In Balance–In Control)</i> <ul style="list-style-type: none"> • <i>Understanding Your Diabetes</i> • <i>Food Facts of Diabetes</i> • <i>Diabetes Medication as Directed</i> • <i>When Control Gets Out of Balance</i> • <i>Exercise and Diabetes</i> • <i>Understanding Gestational Diabetes</i> |
| Producer: | Boehringer Mannheim Corporation |
| Publication Year: | 1989 |
| Description: | Video; 78:00 minutes. Each of the six modules contains 1 videocassette, 1 professional guide, 10 patient guides |
| Target Audience: | Patient |
| Languages: | Spanish (dubbed over English version with bilingual captions) |
| Synopsis: | Module 1—pancreas, circulatory system, insulin action; Module 2—meal planning; Module 3—symptoms, treatment of high and low blood glucose; Module 4—a woman who takes insulin is not feeling well because of poor planning, stress, postponing a meal; Module 5—exercise programs; and Module 6—gestational diabetes. |
| Related Materials: | Each module has accompanying professional guide in English. |
| Distributor: | Boehringer Mannheim Corporation |

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| Title: | <i>Entender la Diabetes...y Vivir una Vida Saludable (Understanding Diabetes...To Live a Healthier Life)</i> |
| Producer: | The Upjohn Company |
| Publication Year: | 1989 |
| Description: | Film; time not listed |
| Target Audience: | Patient |
| Languages: | Spanish |
| Synopsis: | The pathophysiology of noninsulin-dependent diabetes is described, and its consequences are explained. Treatment with diet and exercise, personal care, oral medications and insulin, blood glucose monitoring, and treatment of hypoglycemia and hyperglycemia are covered. Actor Wilford Brimley, who has NIDDM, is featured. |
| Distributor: | The Upjohn Company |

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| Title: | <i>Exercise and Energy</i> |
| Producer: | Swanson Center for Nutrition |
| Publication Year: | 1981 |
| Description: | Slide/tape program; 5-7 minutes |
| Target Audience: | Patients, especially Native Americans |
| Languages: | English |
| Synopsis: | Part of a series designed to teach clients about noninsulin-dependent diabetes and diet. Short, simple messages about exercise and energy. Includes questions and answers related to the information. |
| Related Materials: | 10-page booklet, reading level 8, covering same information |
| Distributor: | Swanson Center for Nutrition, Inc. |

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- Title:** *Food Preparation Affects Calories*
Producer: Swanson Center for Nutrition
Publication Year: 1981
Description: Slide/tape program; 5-7 minutes
Target Audience: Patient
Languages: English
Synopsis: Part of a series designed to teach clients, especially Native Americans, about noninsulin-dependent diabetes and diet. Short, simple messages about how food preparation can affect caloric intake. Includes questions and answers related to the information.
Related Materials: 12-page booklet, reading level 8, covering same information
Distributor: Swanson Center for Nutrition, Inc.
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- Title:** *Gestational Diabetes*
Producer: Milner-Fenwick, Inc./Joslin Diabetes Center
Publication Year: 1987
Description: Video-VHS, Beta, 3/4; Super VHG, 8mm on request; 12:50 minutes
Target Audience: Patient
Languages: English, Spanish.
Synopsis: Designed to relieve anxiety; increase understanding of medical and self-care requirements of gestational diabetes. Key issues: nutrition, weight gain, exercise, blood glucose monitoring, ketone testing, insulin, delivery.
Distributor: PATIENTVISION, Milner-Fenwick, Inc.
-
- Title:** *Gestational Diabetes (Diabetes Del Embarazo)*
Producer: University of Texas Health Science Center—Houston
Publication Year: 1990
Description: Video-VHS, Beta; 9 minutes; color
Target Audience: Patients
Languages: English, Spanish
Synopsis: The causes of gestational diabetes and its effects on mother and baby are explained. Monitoring, control techniques, the importance of balanced diet and gradual changes are explained. Common fears and misunderstandings about gestational diabetes are addressed.
Distributor: Universal Health Associates
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- Title:** *Get Up and Move!*
Producer: Universal Health Associates
Publication Year: Not listed
Description: Video-VHS, Beta; 10:15 minutes; color
Target Audience: Black Americans
Languages: English
Synopsis: This upbeat program discusses why regular exercise is important for a healthier body, mind and attitude; and to keep weight, blood pressure, and stress under control.
Distributor: Universal Health Associates
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Title: *Haciendose Cargo: Enfocando en el Embarazo (Taking Charge: A Focus on Pregnancy and Diabetes)*
Producer: Universal Health Associates
Publication Year: 1989
Description: Video—VHS, Beta, 3/4; 12 minutes (English), 10 minutes (Spanish); color
Target Audience: Women with diabetes
Languages: English; Spanish
Synopsis: Presents facts that a woman must know about pregnancy and diabetes. Gestational diabetes is discussed, as well as insulin treatment, importance of strict control, exercise, meal planning, appropriate weight gain, monitoring and communications with the health care team. Education is emphasized as the best means to motivate compliance and to reduce the risk of complications during pregnancy and at birth.
Distributor: Universal Health Associates

Title: *Haciendose Cargo: Viviendo con Diabetes (Taking Charge: Living with Diabetes)*
Producer: Canadian Diabetes Association
Publication Year: 1987
Description: Video—VHS, Beta, 3/4; color
Eight short programs (8–12 minutes each) on one cassette
Languages: English, Spanish
Synopsis: One introductory program and seven focused programs: meal planning, exercise, insulin, monitoring, Type II, pregnancy, complications.
Distributor: Universal Health Associates

Title: *Health Education for Non-Readers*
Producer: Health Promotion Council of Southeastern PA
Publication Year: 1989
Description: Video—VHS, Beta, 3/4; 18 minutes; color
Target Audience: Educators
Languages: English
Synopsis: This program demonstrates how difficult it is for low-literate people to absorb new information, remember instructions and understand their condition. While recognizing the usual time limitations for patient education, the concrete techniques presented can be easily employed to improve the effectiveness of education and instructional delivery. By developing a sensitivity to the obstacles low-literacy presents, health professionals are better prepared to provide effective education and instruction.
Distributor: Universal Health Associates

Title: *I Try A Little Harder Now*
Producer: Washington University, St. Louis
Publication Year: 1983
Description: Video—VHS, Beta; 15 minutes; color
Target Audience: General, patient. Shows African-American situations.
Languages: English
Synopsis: An older black woman relates her experience in learning to live with diabetes. She discusses her reluctance to recognize the need for treatment, her lack of motivation, characteristics of her life that served as obstacles for initiating the necessary lifestyle changes, and experiences that led to the beginning of attitude changes and behavioral adjustment.
Distributor: Universal Health Associates

Title: *Importance of Monitoring*
Producer: Canadian Diabetes Association
Publication Year: 1987
Description: Video; 12:00 minutes. Part of series, *Taking Charge: Living with Diabetes*
Target Audience: Allied health, general, patient
Languages: English, Spanish
Synopsis: The importance of keeping blood glucose levels within a recommended range to feel better and delay or prevent potential complications is emphasized. The effects of exercise and insulin on blood glucose, and the effects of high and low blood glucose are discussed. Three methods of testing, and the advantages and disadvantages of urine vs. blood glucose tests are described. Ketone testing is also covered. The importance of recording results and using them to develop an individualized regimen is stressed.
Distributor: Oracle Film and Video

Title: *Insulin*
Producer: Biomedical Communications, University of British Columbia
Publication Year: 1982
Description: Slide/tape; 16:00 minutes; program guide. Also available in videocassette format. Part of series, *Happy Living*.
Target Audience: Patient
Languages: Chinese, Greek, Italian, Japanese, Portuguese, Punjabi
Synopsis: Insulin activity in the body is reviewed, and the duration and peak action times of commercial insulins are described. Single and mixed dose insulin injections are demonstrated. Causes, symptoms, and treatment of low blood glucose are described, and the use of glucagon is explained.
Related Materials: Program guide
Distributor: Biomedical Communications, University of British Columbia

Title: *Introduccion: Diabetes Mellitus I (Diabetes Mellitus I: An Introduction)*
Producer: Nimco, Inc.
Publication Year: 1984
Description: Slide/tape; 17:00 minutes. Also available in videocassette and filmstrip.
Target Audience: Patient
Languages: English, Spanish
Synopsis: Symptoms and methods for controlling diabetes, including diet, medication, urine testing, exercise, and personal hygiene are presented. Treatment goals are discussed, emphasizing balance of many factors.
Distributor: Nimco, Inc.

Title: *Linking Traditions: A Key to Diabetes for Chinese People*
Producer: Royal Jubilee Hospital Foundation
Publication Year: Not listed
Description: Video; 17:00 minutes.
Target Audience: Patient
Languages: Cantonese, Mandarin, English
Synopsis: Demonstrates diabetes management in the context of Chinese culture and traditions, including diet, exercise, family life, and balance.
Distributor: Royal Jubilee Hospital Foundation

Title: *Mantenimiento en el Hogar: Como Revisar la Glucosa en la Sangre y la Quetona (Home Monitoring: Blood Glucose and Ketones)*

Producer: Medcom, Inc.

Publication Year: 1983

Description: Slide/tape; 19:00 minutes. Also available in videocassette and filmstrip formats. Part of series, *Diabetes Care*.

Target Audience: Patient

Languages: Spanish

Synopsis: The advantages of blood glucose testing in providing immediate and accurate information about blood glucose levels, and the role of monitoring in an overall treatment program are explained. Two methods of testing are demonstrated; accurate recordkeeping is stressed.

Related Materials: Instructor's guide, patient handouts, performance checklist.

Distributor: Medcom, Inc.

Title: *Mantenimiento en el Hogar: Como Revisar la Orina y la Quetona (Home Monitoring: Urine and Ketones)*

Producer: Medcom, Inc.

Publication Year: 1983

Description: Slide/tape; 19:00 minutes. Also available in videocassette and filmstrip formats. Part of series, *Diabetes Care*.

Target Audience: Patient

Languages: Spanish

Synopsis: A rationale for urine glucose testing is presented, renal physiology is reviewed, and various urine testing methods are demonstrated. Factors that may alter readings are described, and the importance of accurate recordkeeping is stressed.

Related Materials: Instructor's guide, patient handouts, performance checklist.

Distributor: Medcom, Inc.

Title: *Maturity Onset Diabetes*

Producer: Biomedical Communications, University of British Columbia

Publication Year: 1982

Description: Slide/tape; 7:00; program guide. Also available in videocassette format. Part of series, *Happy Living*.

Target Audience: Patient

Languages: Chinese, Greek, Italian, Japanese, Portuguese, Punjabi

Synopsis: Causes, symptoms, treatment of noninsulin-dependent diabetes are reviewed; insulin resistance and the effects of obesity are described. A therapeutic regimen is described, including diet, oral hypoglycemic agents, and regular urine testing.

Related Materials: Program guide

Distributor: Biomedical Communications, University of British Columbia

Title: *The Nikkei Diet and High Blood Pressure*

Producer: Asian/Pacific Islander Task Force on High Blood Pressure

Publication Year: Not listed

Description: Not listed

Languages: Japanese. (English translation available.)

Synopsis: Not listed.

Distributor: Health Promotion Section, CDHS

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- Title:** *Overweight: What Can I Do About It? (Sobrepeso: Que Puedo Yo Hacer?)*
Producer: Milner-Fenwick, Inc.
Publication Year: 1979
Description: Video—VHS, Beta, 3/4; Super VHG, 8mm on request; 13:00 minutes
Target Audience: Patient
Languages: English, Spanish
Synopsis: Losing weight is often an integral part of treatment for people with Type II diabetes. The idea of insulin supply and demand, and how to establish a daily calorie limit are explained. Modifying eating behavior and increasing activity levels are emphasized.
Distributor: PATIENTVISION, Milner-Fenwick, Inc.
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- Title:** *Overweight: Who's in Control?*
Producer: Milner-Fenwick, Inc.
Publication Year: 1991
Description: Video—VHS, Beta, 3/4; Super VHG, 8mm on request; 16:00 minutes
Target Audience: Patient
Languages: English. Spanish available by 1/92.
Synopsis: Encouragement and guidelines for the person who has struggled to lose weight. Emphasizes that 'weight control' is lifestyle modification, while 'diet' implies temporary change. Behavior patterns, emotional aspects of eating, pitfalls in maintaining weight control, and exercise are included.
Distributor: PATIENTVISION, Milner-Fenwick, Inc.
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- Title:** *Pregnancy and Diabetes*
Producer: Canadian Diabetes Association
Publication Year: 1987
Description: Video, 10:30 minutes. Part of series, *Taking Charge: Living with Diabetes*
Target Audience: Allied health, general, patient
Languages: English, Spanish
Synopsis: The need for a woman who has diabetes to plan for pregnancy is stressed, and gestational diabetes is defined. The diabetes regimen is described, including meal planning, exercise and medication, and adjustments needed during pregnancy are detailed. The importance of blood glucose and urine ketone monitoring is emphasized. Potential risks for both the mother and the baby are described, and preventive measures suggested.
Distributor: Oracle Film and Video
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- Title:** *Programa de Ejercicio para Pacientes de Diabetes Tipo II (Exercise for Type II Diabetes)*
Producer: Medcom, Inc.
Publication Year: 1983
Description: Slide/tape; 16:00 minutes. Also available in videocassette and filmstrip formats. Part of series, *Diabetes Care*.
Target Audience: Patient
Languages: English, Spanish
Synopsis: The role of exercise in promoting the efficient use of insulin in Type II diabetes is described. Guidelines for an exercise program are offered, some exercises are demonstrated. Consulting a physician before beginning is suggested, and the importance of increasing general activity level is stressed.
Related Materials: Instructor's guide, patient handouts, performance checklist.
Distributor: Medcom, Inc.
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Title: *Proper Use of Insulin*
Producer: Canadian Diabetes Association
Publication Year: 1987
Description: Video; 11:00 minutes. Part of series, *Taking Charge: Living with Diabetes*
Target Audience: Allied health, general, patient
Languages: English, Spanish
Synopsis: A diabetes regimen, including exercise, meal planning, and medication, is described. Insulin action in the body and glucose metabolism are explained. Balancing insulin with food intake, and the importance of consistency in timing are stressed. Injection technique is demonstrated, including mixed doses. Site choice and rotation are included, and the importance of blood glucose testing is discussed.
Distributor: Oracle Film and Video

Title: *Put Away Your Frying Pan*
Producer: Health Promotion Council of Southeastern PA
Publication Year: 1988
Description: Video—VHS, Beta; 10 minutes; color
Target Audience: Black Americans
Languages: English
Synopsis: A dietitian talks with a middle-aged Black woman with high blood pressure and diabetes about the cultural characteristics of the Black American diet, alternative methods of food preparation, reducing sodium, fat, cholesterol.
Distributor: Universal Health Associates

Title: *Self-Monitoring of the Blood Glucose*
Producer: Nimco, Inc.
Publication Year: 1982
Description: Slide/tape; 15:00 minutes. Available in videocassette and filmstrip formats.
Target Audience: Patient
Languages: English, Spanish
Synopsis: Abnormal blood glucose levels, effects of insulin on glucose, methods for keeping levels in the normal range, use of an insulin pump, disadvantages of urine testing and advantages of blood glucose testing are discussed.
Distributor: Nimco, Inc.

Title: *Shopping in the Supermarket*
Producer: San Francisco Department of Public Health
Publication Year: Not listed
Description: 79 slides; 15-25 minute audiotape
Languages: Cantonese, Cambodian, Hmong, Vietnamese, Laotian, Mien. (English translation available.)
Synopsis: Not listed.
Distributor: San Francisco Department of Public Health

Title: *Skin and Foot Care for the Diabetic (El Cuidado de la Piel y los Pies para el Diabetico)*
Producer: Milner-Fenwick, Inc.
Publication Year: 1982
Description: Video—VHS, Beta, 3/4; Super VHG, 8mm on request; 15:00 minutes
Target Audience: Patient
Languages: English, Spanish
Synopsis: Reviews the fundamentals of skin and foot care, presents strategies for avoiding injury; discusses problems associated with illness and infection.
Distributor: PATIENTVISION, Milner-Fenwick, Inc.

Title: *Su Hijo(a) y la Diabetes (Your Child and Diabetes)*
Producer: Medcom, Inc.
Publication Year: 1983
Description: Slide/tape; 23:00 minutes. Also available in videocassette and filmstrip formats. Part of series, *Diabetes Care*.
Target Audience: Parents of children who have diabetes
Languages: English, Spanish
Synopsis: Meal planning, exercise, insulin, insulin injection, hypo/hyperglycemia, blood glucose monitoring. The need for adjustments with growth, flexibility, constant support within the home, increasing independence and self-control is emphasized.
Related Materials: Instructor's guide
Distributor: Medcom, Inc. Customer Services Department

Title: *Take Care: Understanding Preterm Labor*
Producer: Universal Health Associates
Publication Year: Not listed
Description: Video-VHS, Beta; 8 minutes; color
Target Audience: Pregnant women
Languages: English, Spanish
Synopsis: Describes the signs and feelings of preterm labor; reviews the labor process and risk factors for preterm labor; shows how to determine if preterm labor has started, including timing and measuring contractions. Emphasis on self-assessment and management for a healthy birth and baby.
Distributor: Universal Health Associates

Title: *Value of Diet*
Producer: Canadian Diabetes Association
Publication Year: 1987
Description: Video; 10:00 minutes. Part of series, *Taking Charge: Living with Diabetes*
Target Audience: Allied health, general, patient
Languages: English, Spanish
Synopsis: Meal planning is emphasized as an essential part of diabetes care. Consistency of amount, type, timing of food is stressed. Weight control, different types of meal plans and their effects, the exchange system are described. Consultation with a health care team is suggested.
Distributor: Oracle Film and Video

Title: *Value of Exercise*
Producer: Canadian Diabetes Association
Publication Year: 1987
Description: Video; 8:00 minutes. Part of series, *Taking Charge: Living with Diabetes*
Target Audience: Allied health, general, patient
Languages: English, Spanish
Synopsis: The benefits of exercise and its importance in the diabetes regimen are described. Animation is used to show the effects of exercise on the body, and hypoglycemia symptoms and treatment are explained. Blood glucose testing before and after exercise, and keeping in touch with the health care team are suggested.
Distributor: Oracle Film and Video

Title: *Walking in Balance*
Producer: Canadian Diabetes Association
Publication Year: 1985
Description: Video—VHS, Beta, 3/4; 25 minutes; color
Target Audience: Educator, patient
Languages: English, French
Synopsis: Addresses diabetes and diabetes education among the Native American population. Several Canadian researchers express their views about the possible cause of the increasing incidence of diabetes among this group. Diabetes educators talk about appropriate teaching methods, and Native Americans with diabetes talk about the problems they experience.
Distributor: Oracle Film and Video

Title: *What Is Diabetes?*
Producer: Canadian Diabetes Association
Publication Year: 1987
Description: Video; 9:30 minutes. Part of series, *Taking Charge: Living with Diabetes*
Target Audience: Allied health, general, patient
Languages: English, Spanish
Synopsis: Typical people from all walks of life are shown coping with diabetes. Their adjustments to their lifestyles are examined. Glucose metabolism is described, and the differences between Type I and Type II diabetes are discussed. The importance of meal planning, exercise, medications, monitoring, and communicating with the health care team are stressed.
Distributor: Oracle Film and Video

Title: *What Is Diabetes?*
Producer: Biomedical Communications, University of British Columbia
Publication Year: 1982
Description: Slide/tape; 6:00 minutes; program guide. Also available in videocassette format. Part of series, *Happy Living*.
Target Audience: Patient
Languages: Chinese, Greek, Italian, Japanese, Portuguese, Punjabi
Synopsis: Information about diabetes and its management, and statistics on its incidence are given. Glucose metabolism and insulin production are described, and abnormalities of metabolism in diabetes are explained. Methods of control are discussed, including diet, exercise and medication.
Related Materials: Program guide
Distributor: Biomedical Communications, University of British Columbia

Title: *What Is Diabetes?*
Producer: Swanson Center for Nutrition
Publication Year: 1981
Description: Slide/tape program; 5-7 minutes
Target Audience: Patient
Languages: English
Synopsis: Part of a series designed to teach clients, especially Native Americans, about noninsulin-dependent diabetes and diet. Short, simple messages focus on etiology, diagnosis, and control of the disease. Includes questions and answers related to the information.
Related Materials: 14-page booklet, reading level 8, covering same information
Distributor: Swanson Center for Nutrition, Inc.

Title: *What Is Type II Diabetes?*
Producer: Canadian Diabetes Association
Publication Year: 1987
Description: Video; 9:30 minutes. Part of series, *Taking Charge: Living with Diabetes*
Target Audience: Allied health, general, patient
Languages: English, Spanish
Synopsis: The importance of having blood glucose levels checked regularly for individuals over 40 years of age is stressed. Type II diabetes is defined and symptoms listed. Communication with the health care team to help plan an individualized regimen emphasizing meal planning, exercise, and medication is suggested. Hypoglycemic agents are described. The importance of monitoring is stressed; maintaining good blood glucose regulation as a means of delaying or preventing long-term complications is discussed.
Distributor: Oracle Film and Video

**Diabetes Educational Resources
for Minority and Low Literacy Populations**

Print Materials

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|--------------------|---|
| Title: | <i>Alimentación y Diabetes</i> |
| Producer: | Nutrition Committee American Diabetes Association, Washington Affiliate Inc. |
| Publication Year: | 1980 |
| Description: | 12-page booklet |
| Target Audience: | Patients |
| Languages: | Spanish |
| Synopsis: | Basic description of diabetes, and of a simplified diabetes diet. |
| Distributor: | American Diabetes Association, Washington Affiliate Inc. |
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| Title: | <i>Atencion de los Pies (Foot Care)</i> |
| Producer: | American Diabetes Association |
| Publication Year: | 1989 |
| Description: | 4-page brochure |
| Target Audience: | Patient |
| Languages: | English, Spanish |
| Synopsis: | The importance of daily foot care is stressed, reasons for foot problems (neuropathy, poor circulation) are described, tips for good foot care listed. |
| Distributor: | Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center |
| <hr/> | |
| Title: | <i>Atencion en el Dia que Este Enfermo (Sick Day Care)</i> |
| Producer: | American Diabetes Association |
| Publication Year: | 1989 |
| Description: | 4-page brochure |
| Target Audience: | Patient |
| Languages: | English, Spanish |
| Synopsis: | Managing diabetes during illness (monitoring, when to call doctor, changes in diet/medication, over-the-counter medicine precautions) is discussed. |
| Distributor: | Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center |
| <hr/> | |
| Title: | <i>Basic Facts About Your Diabetic Diet (Simplified Version)</i> |
| Producer: | Canadian Diabetes Association |
| Publication Year: | 1977 |
| Description: | Booklet |
| Target Audience: | Patients |
| Languages: | Chinese/English (bilingual) |
| Synopsis: | General guidelines, with foods to avoid, tips for preparation, eating out. |
| Distributor: | Canadian Diabetes Association |
| <hr/> | |
| Title: | <i>Comer Bien Para Vivir Mejor (Eat Well to Live Better)</i> |
| Producer: | California Diabetes Control Program |
| Publication Year: | 1985 |
| Description: | 12 bilingual illustrated patient modules |
| Target Audience: | Mexican-Americans with Type II diabetes and limited reading skills |
| Languages: | Spanish, English |
| Synopsis: | Menus, food preparation techniques, food guide for a 1300-calorie diet depicting traditional Mexican food patterns. Designed to help achieve calorie-controlled, high-fiber, low-fat diet. Exercise chart included. |
| Related materials: | 70-page professional guide (meal patterns, sample counseling lesson plans) |
| Distributor: | The Upjohn Company |

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- Title:** *Comida Hispana en la Dieta Diabetica (Spanish Foods in Diabetic Diets)*
Producer: Visiting Nurse Association of Milwaukee
Publication Year: 1986
Description: 80-page booklet, "Spanish Cookbook"
Target Audience: Patient
Languages: Spanish
Synopsis: Guidelines for meal planning (measurements, portions, sample meal plans, menus, exchange lists, recipes) are provided, emphasizing how persons of Spanish origin can enjoy their cultural foods and stay on their diabetes diet.
Distributor: Visiting Nurse Association of Milwaukee
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- Title:** *Comiendo por su Salud (Eating for Your Health)*
Producer: Toledo Family Health Center
Publication Year: Not listed
Description: 48-page, spiral-bound, illustrated cookbook
Target Audience: Patient
Languages: Spanish, English (bilingual)
Synopsis: Features Mexican and Spanish recipes modified to reduce sugar, fat, and total calories. Includes exchange values, glossary, nutrition information.
Distributor: Toledo Family Health Center
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- Title:** *Como Analizarse la Sangre (How To Test Your Own Blood Sugar)*
Producer: Ames Division, Miles Laboratories, Inc.
Publication Year: 1986
Description: 2-page illustrated guide
Target Audience: Patient
Languages: Spanish
Synopsis: Instructions for testing and recording blood glucose using Glucostix, Autolet, Clinilog. Diet, exercise, checkups, medications, routine testing are stressed.
Distributor: Ames Division, Miles Laboratories, Inc.
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- Title:** *Como Controlar su Diabetes (How To Control Your Diabetes)*
Producer: Eli Lilly and Company, Inc.
Publication Year: 1989
Description: 92-page illustrated booklet
Target Audience: Patient
Languages: Spanish
Synopsis: Diet, exercise, insulin (types, injection techniques, mixed doses) oral medications, monitoring and using results, hypo/hyperglycemia, ketoacidosis, complications. Glossary included.
Distributor: Eli Lilly and Company, Inc.
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- Title:** *Como Escoger Alimentos Saludables (Healthy Food Choices)*
Producer: American Diabetes Association
Publication Year: 1988
Description: Poster, 2-sided, color
Target Audience: Patient
Languages: English, Spanish
Synopsis: Guidelines for choosing low fat, salt, sugar, high-fiber foods, calculating calories, examples of exchanges (1200-calories), space for meal plan.
Distributor: Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center
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Title: *Como Utilizar el Glucometer II el Medidor de Glucosa en Sangre (How To Use the Glucometer II Blood Glucose Meter)*
 Producer: Ames Division, Miles Laboratories, Inc.
 Publication Year: 1986
 Description: 2-page guide
 Target Audience: Patient
 Languages: Spanish
 Synopsis: Instructions for blood glucose testing using the Glucometer II meter, Glucostix Reagent strips, Autolet, Clinilog.
 Distributor: Ames Division, Miles Laboratories, Inc.

Title: *Como Vivir con Diabetes (How To Live With Diabetes)*
 Producer: Texas Department of Health
 Publication Year: 1985
 Description: 70-page illustrated booklet
 Target Audience: Patient
 Languages: Spanish
 Synopsis: Diet, insulin injections, oral medications, exercise, emergency treatment, urine testing, foot care. Detailed explanation of exchange system included.
 Distributor: Texas Department of Health

Title: *Companeros en el Control—Ayudas para Seguir su Plan de Diabetes (Companions in Control—Tips to Help You Stay on Your Diabetes Plan)*
 Producer: Boehringer Mannheim Corporation
 Publication Year: 1985
 Description: 20-page booklet
 Target Audience: Patient
 Languages: English, Spanish
 Synopsis: Beginning a diabetes management plan, including setting goals, monitoring, symptoms, risky situations, what to do when mistakes in self-care are made.
 Distributor: Boehringer Mannheim Corporation

Title: *Companeros en el Control—Hablemo de Diabetes (Companions in Control—Talking About Diabetes)*
 Producer: Boehringer Mannheim Corporation
 Publication Year: 1985
 Description: 15-page booklet
 Target Audience: Patient
 Languages: Spanish
 Synopsis: What diabetes is, who it affects, symptoms, types of diabetes, high and low blood glucose, how to control with diet, exercise, oral drugs, insulin.
 Distributor: Boehringer Mannheim Corporation

Title: *Companeros en el Control—Programa de Comidas (Companions in Control—Meal Planner)*
 Producer: Boehringer Mannheim Corporation
 Publication Year: 1987
 Description: 4-page booklet
 Target Audience: Patient
 Languages: Spanish
 Synopsis: Meal planning, blood glucose monitoring. Slide-out table lists meals and calories. Traditional Mexican foods are categorized in food groups.
 Distributor: Boehringer Mannheim Corporation

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- Title:** *Complicaciones del Corazon y los Vasos Sanguineos (Heart and Blood Vessel Complications)*
- Producer:** American Diabetes Association
- Publication Year:** 1989
- Description:** 4-page brochure
- Target Audience:** Patient
- Languages:** Spanish, English
- Synopsis:** Discusses the damage caused by diabetes to the large and small blood vessels. Risks of heart disease in people with diabetes are detailed. Symptoms of blood vessel damage to the heart, legs, eyes and kidneys are described, and guidelines for preventing damage, including blood glucose control, are provided.
- Distributor:** Available from state affiliates of the ADA. For information:
American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title:** *Complicaciones de la Diabetes (Complications of Diabetes)*
- Producer:** American Diabetes Association
- Publication Year:** 1989
- Description:** 4-page brochure
- Target Audience:** Patient
- Languages:** Spanish, English
- Synopsis:** Complications of diabetes are discussed, including vascular disease (heart disease, stroke), small blood vessel disease (eye, kidney damage), neuropathy (feet, legs, possible amputation). Blood glucose control and regular checkups are stressed as methods of delaying or preventing some complications. Some warning signs for complications are listed.
- Distributor:** Available from state affiliates of the ADA. For information:
American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title:** *Complicaciones: Impotencia (Complications: Impotence)*
- Producer:** American Diabetes Association
- Publication Year:** 1989
- Description:** 4-page brochure
- Target Audience:** Patient
- Languages:** Spanish, English
- Synopsis:** The characteristics, causes, treatments, and prevention of impotence in men with diabetes are discussed in detail.
- Distributor:** Available from state affiliates of the ADA. For information:
American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title:** *Complicaciones Nerviosas (Nerve Complications)*
- Producer:** American Diabetes Association
- Publication Year:** 1989
- Description:** 4-page brochure
- Target Audience:** Patient
- Languages:** Spanish, English
- Synopsis:** The characteristics, risk factors, symptoms, and hazards associated with neuropathy (nerve damage) in diabetes are discussed in detail. Foot care, blood glucose control, and weight loss are stressed.
- Distributor:** Available from state affiliates of the ADA. For information:
American Diabetes Association, Inc.; Diabetes Information Service Center
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Title: *Complicaciones Renales (Kidney Complications)*
Producer: American Diabetes Association
Publication Year: 1989
Description: 4-page brochure
Target Audience: Patient
Languages: Spanish, English
Synopsis: The functions of the kidney, causes, symptoms, and tests used to diagnose kidney damage, treatments, and prevention of kidney failure are discussed.
Distributor: Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center

Title: *Complicaciones Visuales (Eye Complications)*
Producer: American Diabetes Association
Publication Year: 1989
Description: 4-page brochure
Target Audience: Patient
Languages: Spanish, English
Synopsis: Causes, prevalence, and types of diabetic retinopathy and its treatments are discussed. Other eye complications that may occur with diabetes, including macular edema, blurred vision, cataracts, and glaucoma are also described.
Distributor: Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center

Title: *Consejos de Cuidado Dental para Diabeticos (Dental Tips for Diabetics)*
Producer: National Institute of Dental Research
Publication Year: 1990
Description: 2-sided information card, reading level 11
Target Audience: Patient
Languages: Spanish, English
Synopsis: Care of teeth and gums. The difficulties gum infections can cause and the importance of proper mouth care for people with diabetes are stressed.
Related Materials: *Enfermedad periodontal en los diabeticos: Guia para los pacientes* (patients); *Detection and Prevention of Periodontal Disease in Diabetes* (health professionals, English only)
Distributor: National Diabetes Information Clearinghouse

Title: *Cuando Uno Tiene Diabetes (When One Has Diabetes)*
Producer: Squibb-Novo, Inc.
Publication Year: 1989
Description: 25-page guide
Target Audience: Patient
Languages: Spanish
Synopsis: Overview of diabetes care, including diet, exercise, insulin, hypo/hyperglycemia, foot/dental/skin care, urine and blood testing.
Distributor: Squibb-Novo, Inc.

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| Title: | <i>El Cuidado de sus Pies</i> |
| Producer: | Roerig/Pfizer Pharmaceuticals |
| Publication Year: | 1990 |
| Description: | 8-page booklet |
| Target Audience: | Spanish-speaking people with diabetes |
| Languages: | Spanish |
| Synopsis: | Includes information about the importance of foot care, and how to care for the feet. Includes a checklist to keep track of foot care. |
| Distributor: | Roerig/Pfizer Pharmaceuticals |

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|-------------------|---|
| Title: | <i>Daily Food Record</i> |
| Producer: | Patient Education Resource Center |
| Publication Year: | Not listed |
| Description: | Photocopiable |
| Target Audience: | Patient |
| Languages: | Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese |
| Synopsis: | Not listed |
| Distributor: | Patient Education Resource Center |

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|-------------------|--|
| Title: | <i>Dealing with Diabetes (Como Combatir la Diabetes)</i> |
| Producer: | National Institute on Aging |
| Publication Year: | 1983 |
| Description: | 2-page fact sheet |
| Target Audience: | Patient |
| Languages: | Chinese, Spanish |
| Synopsis: | General overview of diabetes, describes the two major forms. Diagnosis, symptoms, treatment of diabetes in older people is the primary emphasis. |
| Distributor: | National Institute on Aging Information Center |

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|-------------------|--|
| Title: | <i>Diabetes</i> |
| Producer: | National Association for Hispanic Elderly |
| Publication Year: | 1990 |
| Description: | 15-page illustrated color brochure, part of a series of health brochures |
| Target Audience: | Patient |
| Languages: | English, Spanish |
| Synopsis: | Tips for weight loss, risk factors for diabetes, exercise, smoking cessation, low sodium diet, limiting alcohol. |
| Distributor: | Asociacion Nacional Pro Personas Mayores |

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|-------------------|--|
| Title: | <i>Diabetes</i> |
| Producer: | Texas Department of Health |
| Publication Year: | 1984 |
| Description: | 6-page leaflet |
| Target Audience: | Patient |
| Languages: | Spanish |
| Synopsis: | Provides general information about the symptoms, risk factor, and methods for control of diabetes. |
| Distributor: | Texas Department of Health |

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| Title: | <i>Diabetes Basics</i> |
| Producer: | Patient Education Resource Center |
| Publication Year: | Not listed |
| Description: | 2-sided photocopiable flyer |
| Target Audience: | Patient |
| Languages: | Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese |
| Synopsis: | Information about diabetes, its symptoms, prevalence, what insulin does. |
| Distributor: | Patient Education Resource Center |

Title: *Diabetes...La Buena Higiene (Diabetes...Good Hygiene)*
Producer: Texas Department of Health
Publication Year: 1984
Description: 4-page bilingual brochure
Target Audience: Patient
Languages: Spanish, English
Synopsis: The importance of good hygiene for people who have diabetes is emphasized. Guidelines for care of the feet, teeth, and eyes are provided.
Distributor: Texas Department of Health

Title: *Diabetes and Chinese Food*
Producer: Canadian Diabetes Association
Publication Year: 1978
Description: Booklet
Target Audience: Patients
Languages: Chinese/English (bilingual)
Synopsis: Describes how traditional Chinese food can be incorporated into a diabetes diet. Basic food information is included, along with tips for food preparation, restaurant eating, food during illness, and recipes.
Distributor: Canadian Diabetes Association

Title: *Diabetes Control and the Kosher Diet*
Producer: Wordscope Associates
Publication Year: 1985
Description: 170-page cookbook
Target Audience: People with diabetes who enjoy kosher foods; dietitians who work with them
Languages: English
Synopsis: Recipes for traditional and nontraditional Jewish foods. Exchange values, nutritional information, diabetes and the kosher diet, kosher convenience foods, a list of resources, and a glossary are included. All recipes and nutrition advice conform to the rules of Kashrut.
Distributor: Wordscope Associates

Title: *Diabetes and Diabetes Education Among the Native Population*
Producer: Canadian Diabetes Association
Publication Year: 1985
Description: 28-page booklet
Target Audience: Educators working with Native Americans who have diabetes
Languages: English
Synopsis: A compilation of resources information, including a description of the indirect teaching approach, meal planning and recipes, an annotated bibliography, and a list of primarily Canadian resources. The importance of respect for Native culture and autonomy in education is stressed.
Distributor: Canadian Diabetes Association

Title: *Diabetes Dietary Basics (Meal Planning)*
Producer: Patient Education Resource Center
Publication Year: Not listed
Description: 2 photocopiable flyer sheets
Target Audience: Patient
Languages: Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese
Synopsis: Six food groups and their portion sizes are defined; basic rules to lower blood sugar are included.
Distributor: Patient Education Resource Center

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- Title:** *La Diabetes...en que Consiste? (Diabetes...What's It All About?)*
Producer: Pfizer Corporation, Puerto Rico
Publication Year: Not listed
Description: 28-page booklet
Target Audience: Patient
Languages: Spanish
Synopsis: Explains the causes and symptoms of diabetes, who it affects, how insulin works, aspects and objectives of treatment, and coping with emergencies such as hypoglycemia. A glossary and record form are included.
Distributor: Pfizer Corporation, Puerto Rico
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- Title:** *Diabetes Favors Minorities*
Producer: American Diabetes Association
Publication Year: Not listed
Description: 18" x 24" black and white poster
Target Audience: Patient
Languages: English
Synopsis: A photograph of an Hispanic-American man, a Black woman, and a Native American Indian woman with the theme, 'Diabetes Favors Minorities.' People are urged to find out about diabetes to stop this 'discrimination.'
Distributor: Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title:** *Diabetes Gravidica (Gestational Diabetes)*
Producer: Boehringer Mannheim Corporation
Publication Year: 1988
Description: 39-page, illustrated guide, with glossary
Target Audience: Women who develop diabetes during pregnancy
Languages: Spanish
Synopsis: Diagnostic tests, major components of treatment, instructions for diet and blood glucose monitoring, risks to the baby, infant development charting are discussed. The importance of avoiding diabetes later in life is stressed.
Distributor: Boehringer Mannheim Corporation
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- Title:** *Diabetes and Hispanics: A Resource for Providers*
Producer: National Coalition of Hispanic Health and Human Services Organizations
Publication Year: 1989
Description: 34-page booklet
Target Audience: Health care providers
Languages: English
Synopsis: Discusses diabetes in the Hispanic population, including prevalence, morbidity and mortality, risk factors, prevention strategies, describes the CLEF model for providing diabetes care.
Distributor: COSSMHO
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- Title:** *Diabetes Hoy*
Producer: HispaniMed, del Grupo KSF
Publication Year: 1990, 1991
Description: 4-page quarterly newsletter
Target Audience: Spanish-speaking people with diabetes
Languages: Spanish
Synopsis: Articles about topics of interest to people with diabetes.
Distributor: Roerig/Pfizer Pharmaceuticals
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| Title: | <i>Diabetes InfoLine</i> |
| Producer: | Hoechst-Roussel Pharmaceuticals Inc. |
| Publication Year: | 1991 |
| Description: | Telephone hotline |
| Target Audience: | Patients with Type II diabetes |
| Languages: | Spanish |
| Synopsis: | Information on Type II diabetes. |
| Distributor: | Hoechst-Roussel Pharmaceuticals Inc. |
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| Title: | <i>Diabetes Means Changing Your Health Habits, Not Your Social Life</i> |
| Producer: | Center for Diabetes Education; Ames Division, Miles Laboratories, Inc. |
| Publication Year: | 1986 |
| Description: | Two-sided, glossy card, designed for duplication. |
| Target Audience: | Patient |
| Languages: | English, Chinese, French, German, Italian, Japanese, Korean, Polish, Spanish, Tagalog (Filipino), and Vietnamese. |
| Synopsis: | What diabetes is, how to control it, activity, blood glucose monitoring, are included. Steps for testing with the Glucostix Reagent Strip are shown. |
| Distributor: | Ames Division, Miles Laboratories, Inc. |
| <hr/> | |
| Title: | <i>Diabetes Mellitus: Guía para Manejar su Diabetes (Diabetes Mellitus: Guide for Managing Your Diabetes)</i> |
| Producer: | Sunrise Community Health Center |
| Publication Year: | 1989 |
| Description: | 60-page; 10" x 13" illustrated guide; flip-chart format; display stand |
| Target Audience: | Spanish-speaking patient |
| Languages: | Spanish |
| Synopsis: | Self-management skills are emphasized. Topics include: pathophysiology, medications, meal planning with common Hispanic foods, monitoring, exercise, hypo/hyperglycemia, sick days, and long-term complications. |
| Related Materials: | <i>Guide for Teaching in English</i> , a step-by-step curriculum for a complete diabetes education program. |
| Distributor: | Sunrise Community Health Center |
| <hr/> | |
| Title: | <i>Diabetes Risk Test</i> |
| Producer: | Minorities and Underserved Populations Committee American Diabetes Association, Washington Affiliate Inc. |
| Publication Year: | 1990 |
| Description: | 1-page handout |
| Target Audience: | Patients |
| Languages: | English, Korean, Vietnamese |
| Synopsis: | Written exam for risk factors of diabetes. Describes myths and facts, lists warning signs, provides number for further information and resources. |
| Distributor: | American Diabetes Association, Washington Affiliate Inc. |
| <hr/> | |
| Title: | <i>Diccionario de Diabetes (The Diabetes Dictionary)</i> |
| Producer: | National Diabetes Information Clearinghouse |
| Publication Year: | 1991 |
| Description: | 65-page booklet |
| Target Audience: | Patients |
| Languages: | Spanish |
| Synopsis: | Defines terms often used in speaking or writing about diabetes. Provides basic information about diabetes, its long-term effects, and its care. Includes a medical ID card in Spanish and English. |
| Distributor: | National Diabetes Information Clearinghouse |

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- Title:** *La Dieta Diabetica (The Diabetic Diet), 3rd ed.*
Producer: California Dietetic Association
Publication Year: 1989
Description: 34-page bilingual booklet
Target Audience: Patient
Languages: English, Spanish
Synopsis: The concepts involved in a healthy meal plan for people with diabetes are discussed; nutritional and exchange values, calorie levels, and serving sizes for many foods commonly used by Spanish-speaking people are included. Recommended, free, and foods to avoid are indicated. Recipes for Mexican foods are included.
Distributor: California Dietetic Association
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- Title:** *Diets Kit*
Producer: Visiting Nurse Association of Allegheny County
Publication Year: 1987
Description: 5 diet teaching kits; 72 pages in all; permission given to copy
Target Audience: Nonliterate through very literate people with diabetes
Languages: English—5 graduated levels of reading skill
Synopsis: A series of five kits designed for use at different learning levels, ranging from pictures to a full guide to meal planning. Each kit contains meal-planning systems for 1000-, 1200-, 1500-, and 1800-calorie diets. Nutritional guidelines which meet current ADA standards are included.
Distributor: Visiting Nurse Association of Allegheny County
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- Title:** *Drink Less Alcohol*
Producer: Swanson Center for Nutrition
Publication Year: 1981
Description: 8-page booklet, reading level 8
Target Audience: Patients, particularly American Indians and Alaskan Natives
Languages: English
Synopsis: Part of a series designed to teach clients, especially Native Americans, about noninsulin-dependent diabetes and diet. Short, simple messages about alcohol consumption in the diabetic diet and the number of calories in various alcoholic beverages. Includes questions and answers related to the information.
Related Materials: Slide/tape program covering same information
Distributor: Indian Health Service Diabetes Program
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- Title:** *Eat Less Fat*
Producer: Swanson Center for Nutrition
Publication Year: 1981
Description: 10-page booklet, reading level 8
Target Audience: Patients, particularly American Indians and Alaskan Natives
Languages: English
Synopsis: Part of a series designed to teach clients, especially Native Americans, about noninsulin-dependent diabetes and diet. Short, simple messages about the benefits of the diabetic person's eating less fat. Includes questions and answers related to the information.
Related Materials: Slide/tape program covering same information
Distributor: Indian Health Service Diabetes Program
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Title: *Eat Less Food*
Producer: Swanson Center for Nutrition
Publication Year: 1981
Description: 12-page booklet, reading level 8
Target Audience: Patients, particularly American Indians and Alaskan Natives
Languages: English
Synopsis: Part of a series designed to teach clients, especially Native Americans, about noninsulin-dependent diabetes and diet. Short, simple messages about the benefits of the diabetic person's eating less food. Includes questions and answers related to the information.
Related Materials: Slide/tape program covering same information
Distributor: Indian Health Service Diabetes Program

Title: *Eat Less Sugar*
Producer: Swanson Center for Nutrition
Publication Year: 1981
Description: 16-page booklet, reading level 8
Target Audience: Patients, particularly American Indians and Alaskan Natives
Languages: English
Synopsis: Part of a series designed to teach clients, especially Native Americans, about noninsulin-dependent diabetes and diet. Short, simple messages about the benefits of the diabetic person's eating less sugar. Includes questions and answers related to the information.
Related Materials: Slide/tape program covering same information
Distributor: Indian Health Service Diabetes Program

Title: *El Ejercicio*
Producer: Roerig/Pfizer Pharmaceuticals
Publication Year: 1990
Description: 16-page booklet
Target Audience: Spanish-speaking people with diabetes
Languages: Spanish
Synopsis: Includes information about the benefits of exercise, how to prepare for exercise, warm-up and cool-down exercises, calories expended in certain exercises, and a record sheet.
Distributor: Roerig/Pfizer Pharmaceuticals

Title: *Enfermedad Periodontal en los Diabeticos: Guia para los Pacientes (Periodontal Disease and Diabetes: A Guide for Patients)*
Producer: National Institute of Dental Research
Publication Year: 1990
Description: 10-page brochure
Target Audience: Patient
Languages: Spanish, English
Synopsis: Guidelines for the prevention of periodontal disease in people with diabetes are presented. How gum disease develops, why people with diabetes are particularly susceptible, and information about treatment are included. Other oral complications associated with diabetes are discussed. Proper care of the teeth and gums is illustrated.
Related Materials: Print for patients: *Consejos de cuidado dental para diabeticos*; Guide for health professionals: *Detection and Prevention of Periodontal Disease in Diabetes* (English only)
Distributor: National Diabetes Information Clearinghouse

Title: *En que Consiste el Analisis de Sangre? (What Is Blood Testing?)*
 Producer: American Diabetes Association
 Publication Year: 1988
 Description: 4-page bilingual brochure
 Target Audience: Patient
 Languages: Spanish, English
 Synopsis: Blood glucose testing to help keep blood glucose levels as near to normal as possible; techniques for performing the tests with visually read strips and meters, the importance of recording results.
 Distributor: Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center

Title: *Equilibrar: Alimento, Ejercicio, Medicamentos (Balancing Nutrition, Exercise, and Medications)*
 Producer: American Diabetes Association
 Publication Year: 1988
 Description: 4-page pamphlet
 Target Audience: Patient
 Languages: Spanish
 Synopsis: The importance of balancing diet, exercise, and medication to maintain good control of blood glucose levels is described.
 Distributor: Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center

Title: *Es Algun Familiar suyo Diabetico? (Is A Relative Diabetic?)*
 Producer: Pfizer Corporation, Puerto Rico
 Publication Year: Not listed
 Description: 1-page flyer
 Target Audience: Patient
 Languages: Spanish
 Synopsis: The warning symptoms and major risk factors for diabetes are described.
 Distributor: Pfizer Corporation, Puerto Rico

Title: *Ethnic and Regional Food Practices: A Series*
 • *Chinese American Food Practices, Customs, and Holidays*
 Publication Year: 1990
 Description: 36-page manual, 8-1/2" x 11", 3-hole punched.
 • *Jewish Food Practices, Customs, and Holidays* (Accompanying client materials listed below.)
 Publication Year: 1990
 Description: 23-page manual, 8-1/2" x 11", 3-hole punched.
 • *Navajo Food Practices, Customs, and Holidays*
 Publication Year: 1991
 Description: 26-page manual, 8-1/2" x 11", 3-hole punched.
 • *Mexican American Food Practices, Customs, and Holidays*
 Publication Year: 1989
 Description: 26-page manual, 8-1/2" x 11", 3-hole punched. (Accompanying client materials listed below.)
 Producer: American Dietetic Association and American Diabetes Association, Inc.
 Target Audience: Professional educators
 Languages: English
 Synopsis: These manuals expand on the 1986 exchange lists, to include favorite traditional foods and regional specialties, along with important cultural and dietary customs useful when helping clients develop meal plans.
 Distributor: American Dietetic Association

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- Title: *Ethnic and Regional Food Practices: A Series*
 • *Meal Planning with Mexican American Foods*
 Publication Year: 1989
 Description: 15-page 4" x 9" pamphlet.
 Languages: English
 • *Planificación de comidas con Alimentos mexicanoamericanos*
 Publication Year: 1990
 Description: 15-page 4" x 9" pamphlet.
 Languages: Spanish
 • *Meal Planning with Jewish Foods*
 Publication Year: 1990
 Description: 15-page 4" x 9" pamphlet.
 Languages: English
 Producer: American Dietetic Association and American Diabetes Association, Inc.
 Target Audience: Patients
 Synopsis: The client education pamphlets include favorite traditional foods and regional specialties, recognizing important cultural and dietary customs.
 Distributor: American Dietetic Association
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- Title: *Examen de Orina para Quetonas (Urine Testing for Ketones)*
 Producer: American Diabetes Association
 Publication Year: 1989
 Description: 4-page brochure
 Target Audience: Patient
 Languages: Spanish, English
 Synopsis: The importance of urine ketone testing, and the causes and symptoms of elevated ketones are described. Testing procedures are detailed.
 Distributor: Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title: *Exchange List for Meal Planning for Diabetic Patients*
 Producer: Arab-American and Chaldean Communities Social Services Council, Inc.
 Publication Year: 1989
 Description: 14 (8-1/2" x 11") pages
 Target Audience: Patient
 Languages: Arabic
 Synopsis: Translation of English material. Very little information specific to the Arabic diet.
 Distributor: Arab-American and Chaldean Communities Social Services Council, Inc.
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- Title: *Exercise and Energy*
 Producer: Swanson Center for Nutrition
 Publication Year: 1981
 Description: 10-page booklet, reading level 8
 Target Audience: Patients, particularly American Indians and Alaskan Natives
 Languages: English
 Synopsis: Part of a series designed to teach clients about noninsulin-dependent diabetes and diet. Simple messages about exercise and energy, includes questions and answers related to the information.
 Related Materials: Slide/tape program covering same information
 Distributor: Indian Health Service Diabetes Program
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- Title:** *Extraccion e Inyeccion de la Insulina (Withdrawal and Injection of Insulin)*
- Producer:** Becton Dickinson Consumer Products
- Publication Year:** 1982
- Description:** 10-page pamphlet with color photographs
- Target Audience:** Patient
- Languages:** Spanish, English
- Synopsis:** Insulin injection techniques are illustrated with Spanish captions.
- Distributor:** Becton Dickinson and Company
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- Title:** *Facts on Diabetes*
- Producer:** Multicultural Health Coalition
- Publication Year:** 1985
- Description:** 6-page pamphlet, reading level 10
- Target Audience:** Educator, patient
- Languages:** Chinese, English, Finnish, French, Greek, Hindi, Italian, Polish, Portuguese, Punjabi, Russian, Spanish, Ukranian, Vietnamese
- Synopsis:** Basic information about diabetes, including its treatment, symptoms, how it develops, and the risk factors that can increase a person's chances for developing diabetes. The components of a treatment plan, the importance of diabetes education, and examples of foods from the six major food groups are included.
- Distributor:** MHC/CSM
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- Title:** *Family Food Choices: A Guide to Weight and Diabetes Control*
- Producer:** Indian Health Service Diabetes Program
- Publication Year:** 1989
- Description:** 17-page illustrated booklet
- Target Audience:** American Indians and Alaskan Natives with diabetes
- Languages:** English
- Synopsis:** Designed to help person make appropriate choices for weight control. It includes tips on weight loss, fats, fiber, sugar, and alcohol. Fat and fiber charts give calorie and exchange listings based on the 1986 exchange lists. Food choices use dishes from the Native American diet.
- Distributor:** Indian Health Service Diabetes Program
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- Title:** *Flex and Stretch—Exercise Program for Type II Diabetics (Estiramientos y Flexiones—Programa de Ejercicios para el Diabetico del Tipo II)*
- Producer:** Hoechst-Roussel Pharmaceuticals Inc.
- Publication Year:** Not listed
- Description:** 5-panel brochure
- Target Audience:** Patient
- Languages:** Spanish
- Synopsis:** An exercise program, including warmup, aerobic activity, and cooldown is outlined; several exercises are illustrated; how to chart progress is explained.
- Distributor:** Hoechst-Roussel Pharmaceuticals Inc.
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Title: *Food and Diabetes*
Producer: American Diabetes Association, Washington Affiliate Inc.
Publication Year: 1986
Description: 16-page illustrated booklet, reading level 9
Target Audience: Patients
Languages: Filipino (Tagalog), Chinese with English translation, Spanish, Vietnamese.
Synopsis: Basic dietary guidelines. Foods are divided into three major groups (carbohydrates, proteins, fats); common Filipino, Chinese, or Spanish foods are listed for each group. Sample meal plans, recommended serving sizes, foods to avoid are included. Ways to counteract insulin reactions and general information about diabetes management are reviewed.
Distributor: American Diabetes Association, Washington Affiliate Inc.

Title: *Food Preparation Affects Calories*
Producer: Swanson Center for Nutrition
Publication Year: 1981
Description: 12-page booklet, reading level 8
Target Audience: Patients, particularly American Indians and Alaskan Natives
Languages: English
Synopsis: Part of a series designed to teach clients about noninsulin-dependent diabetes and diet. Simple messages about how food preparation can affect caloric intake. Includes questions and answers related to the information.
Related Materials: Slide/tape program covering same information
Distributor: Indian Health Service Diabetes Program

Title: *Foot Care for the Diabetic*
Producer: Patient Education Resource Center
Publication Year: Not listed
Description: 2-page photocopiable fact sheet
Target Audience: Patient
Languages: Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese
Synopsis: The importance of good foot care is stressed. Fourteen rules for foot care, and an illustrated page of foot care tips are presented.
Distributor: Patient Education Resource Center

Title: *La Gordura No Dura (The Fat Person Does Not Last)*
Producer: Ana Consuela Matiella
Publication Year: Not listed
Description: 17-page novela in comic book format
Target Audience: Person with Type II diabetes and his/her family
Languages: Spanish
Synopsis: The story of an overweight Hispanic man, and the efforts of his family to help him develop good eating and exercise habits to control his diabetes.
Distributor: Ana C. Matiella, Hispanic Marketing Consultants

Title: *Hiperlipemia-Altos niveles de grasa en la sangre (Hyperlipidemia)*
Producer: American Diabetes Association
Publication Year: 1989
Description: 4-page brochure
Target Audience: Patient
Languages: Spanish, English
Synopsis: Causes and risks of high blood fats; guidelines for reducing cholesterol, saturated fat, total fat; exercise, other lifestyle measures to reduce risks.
Distributor: Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center

Title: *Hipertension—Alta Tension Arterial (Hypertension—High Blood Pressure)*
Producer: American Diabetes Association
Publication Year: 1989
Description: 4-page brochure
Target Audience: Patient
Languages: Spanish, English
Synopsis: Prevalence, risks, treatment of high blood pressure in people with diabetes, including how blood pressure is measured, treatment with dietary and lifestyle changes, and medications to reduce blood pressure.
Distributor: Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center

Title: *Indian Place Mats*
Producer: Swanson Center for Nutrition
Publication Year: Not listed
Description: 7 blue and white placemats; 9-3/4 in. x 16-1/4 in.
Target Audience: Patients, particularly American Indians and Alaskan Natives
Languages: English
Synopsis: Native American scenes convey messages about diabetes, diet, exercise.
Distributor: Indian Health Service Diabetes Program

Title: *Informacion para Mujeres con Diabetes (Information for Women with Diabetes)*
Producer: Diabetes and Pregnancy Project, Diabetes Control Program
Publication Year: Not listed
Description: 4" x 9" 2-sided card
Target Audience: Women with diabetes
Languages: English, Spanish
Synopsis: Emphasizes the importance of good blood sugar control before pregnancy, suggests how to plan for pregnancy, provides number for more information.
Distributor: Diabetes Control Program, State of Washington

Title: *Injecting Insulin*
Producer: Patient Education Resource Center (based on materials by Eli Lilly Co.)
Publication Year: Not listed
Description: 3-page illustrated photocopiable fact sheet, two body maps
Target Audience: Patient
Languages: Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese
Synopsis: Instructions for injecting insulin and plotting injection sites.
Distributor: Patient Education Resource Center

Title: *Instrucciones Para El Uso de Su Monitor de Glucosa en la Sangre Tracer IIMR (How to Use Your Tracer TMII Blood Glucose Monitor)*
Producer: Boehringer Mannheim Corporation
Publication Year: 1988
Description: 19-page illustrated manual
Target Audience: Patient
Languages: Spanish
Synopsis: Directions for coding strips, testing, storing results in the meter's memory, using control solution, tips for meter use are provided. Self-test is included.
Related Materials: Spanish-language instructions for Chemstrip bG Test Strips, ChemstripR MatchMaker TM Visual Reader, Accu-ChekR II meter.
Distributor: Boehringer Mannheim Corporation

Title: *Insulin Injections for Children with Diabetes*
Producer: ARAMCO Medical Organization
Publication Year: Not listed
Description: 14-page booklet, with illustrations
Target Audience: Patient
Languages: Arabic
Synopsis: Insulin injection, symptoms and treatment of hyper/hypoglycemia.
Distributor: Division of Health Education, ARAMCO Medical Organization

Title: *Insulin Injections for Diabetes*
Producer: ARAMCO Medical Organization
Publication Year: Not listed
Description: 14-page booklet, with illustrations
Target Audience: Patient
Languages: Arabic
Synopsis: Insulin injection, symptoms and treatment of hyper/hypoglycemia.
Distributor: Division of Health Education, ARAMCO Medical Organization

Title: *Learning About Diabetes*
Producer: Henry Ford Hospital
Publication Year: 1979
Description: 32 (8-1/2" x 11") pages
Target Audience: Patient
Languages: Arabic
Synopsis: Translated from English booklet. Includes symptoms of diabetes, self-care, diet, exercise, high and low blood sugar, urine testing, preparing and administering insulin, and foot care.
Distributor: Henry Ford Hospital

Title: *Lo que Todos Deberia Saber Sobre la Diabetes (What Everyone Should Know About Diabetes)*
Producer: Channing L. Bete Company, Inc.
Publication Year: 1987
Description: 15-page booklet
Target Audience: Patient
Languages: Spanish
Synopsis: Question/answer format is used to describe how diabetes develops, who gets it, its symptoms, diagnosis, treatment. Insulin administration, long-term complications, psychological effects are described. Other concerns are addressed, including work, insurance, families, travel, and so on.
Distributor: Channing L. Bete Company, Inc.

Title: *Leg Exercises for Neuropathy*
Producer: Patient Education Resource Center
Publication Year: Not listed
Description: Photocopiable
Target Audience: Patient
Languages: English
Synopsis: Not listed
Distributor: Patient Education Resource Center

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- Title:** *Low Blood Sugar*
Producer: Patient Education Resource Center
Publication Year: Not listed
Description: 4-page photocopiable flyer
Target Audience: Patient
Languages: Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese
Synopsis: Causes of low blood glucose and its treatments are explained. Instructions for the patient, family members and friends are provided.
Distributor: Patient Education Resource Center
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- Title:** *Un Mensaje para Personas que Tienen Diabetes y Presion Alta de Sangre (Special Message for Persons Who Have Diabetes and High Blood Pressure)*
Producer: Washington State Department of Social and Health Services
Publication Year: 1985
Description: Pamphlet
Target Audience: Mexican person with diabetes and high blood pressure
Languages: Spanish
Synopsis: How to lower risk for high blood pressure, recommendations for taking active role in monitoring and controlling high blood pressure .
Distributor: Department of Health; State of Washington
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- Title:** *Menu Para la Dieta de 1,200 (1,500; 1,800) Calorias* (alta en carbohidratos y en fibra). *Menu for the 1,200 (1,500; 1,800) Calorie Diets* (high in carbohydrates and in fiber)
Producer: Departamento de Salud, Puerto Rico
Publication Year: Not listed
Description: Meal plans, may be photocopied
Target Audience: Patient
Languages: Spanish
Synopsis: Meal plans with sample daily menus for specified calorie-level diets, featuring Puerto Rican foods; emphasizes fiber, dietary sources of fiber.
Distributor: Programa Estatal de Diabetes
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- Title:** *Mezclando Insulinas (Mixing Insulins)*
Producer: Becton Dickinson Consumer Products
Publication Year: 1985
Description: 8-page pamphlet with color photographs
Target Audience: Patient
Languages: Spanish
Synopsis: How to mix different insulins in the same syringe is illustrated with color photographs with Spanish captions.
Distributor: Becton Dickinson and Company
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- Title:** *Micronase...Una Medicacion para Ayudar en el Tratamiento de su Diabetes (Micronase...A Medication Used to Help with your Diabetes Treatment)*
Producer: The Upjohn Company
Publication Year: 1985
Description: 23-page illustrated guidebook
Target Audience: Patient
Languages: Spanish
Synopsis: An overview of diabetes: the importance of exercise, taking medications as prescribed, foot and dental care, treatment of low blood sugar, urine glucose testing, medical tests, diabetes during pregnancy. Medical ID card, order forms for ID jewelry, test record forms are included.
Distributor: The Upjohn Company
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Title: *Oral Diabetic Medications*
 Producer: SRx: Medication Education for Seniors
 Publication Year: 1985
 Description: 1-page fact sheet
 Target Audience: Patient
 Languages: Chinese, English, Spanish, Vietnamese
 Synopsis: Describes the purpose of oral hypoglycemic drugs, how they work, how to take them, possible side effects. Other diabetes management hints are given.
 Distributor: SRx Regional Program

Title: *Oral Medication for Diabetes*
 Producer: ARAMCO Medical Organization
 Publication Year: 1982
 Description: 6-page booklet, with illustrations
 Target Audience: Patient
 Languages: Arabic
 Synopsis: Describes oral medications, symptoms/treatment of hyper/hypoglycemia.
 Distributor: Division of Health Education, ARAMCO Medical Organization

Title: *Padece de Diabetes? (Do You Suffer From Diabetes?)*
 Producer: The Upjohn Company
 Publication Year: 1989
 Description: 6-page brochure
 Target Audience: Persons at risk for diabetes
 Languages: Spanish
 Synopsis: Question/answer format, describes diabetes, the number of people who have it, the signs and symptoms, risk factors for developing it. Encourages people to see their doctor if they have any of the warning signs.
 Distributor: The Upjohn Company

Title: *Plains Indian Diet Handbook*
 Producer: Swanson Center for Nutrition, Inc.
 Publication Year: 1985
 Description: 21-page illustrated booklet, reading level 9
 Target Audience: Plains Indians with diabetes
 Languages: English
 Synopsis: Explains the different food groups, lists caloric content of various foods within each group, discusses foods that can be consumed in small quantities and foods that should be avoided.
 Distributor: Indian Health Service Diabetes Program

Title: *Que es la Diabetes Dependiente de la Insulina? (What Is Insulin-Dependent Diabetes?)*
 Producer: American Diabetes Association
 Publication Year: 1989
 Description: 4-page brochure
 Target Audience: Patient
 Languages: Spanish, English
 Synopsis: The prevalence, symptoms, physiology of insulin-dependent diabetes are discussed. Guidelines for care, including insulin administration, meal planning, exercise, blood and urine testing are provided. Hypoglycemia, hyperglycemia, ketoacidosis are described.
 Distributor: Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center

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- Title:** *Que es la Diabetes No Dependiente de la Insulina? (What Is Noninsulin-Dependent Diabetes?)*
- Producer:** American Diabetes Association
- Publication Year:** 1989
- Description:** 4-page brochure
- Target Audience:** Patient
- Languages:** Spanish, English
- Synopsis:** The prevalence, symptoms, physiology of noninsulin-dependent diabetes are discussed. Guidelines for care, including living with diabetes, meal planning, exercise, weight control, regular checkups, avoidance of smoking, are provided.
- Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title:** *Que es la Hiperglicemia? (What Is Hyperglycemia?)*
- Producer:** American Diabetes Association
- Publication Year:** 1988
- Description:** 4-page brochure
- Target Audience:** Patient
- Languages:** Spanish, English
- Synopsis:** Causes, symptoms, detection, treatment of high blood glucose; importance of blood glucose monitoring; precautions about exercise and ketones in urine.
- Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title:** *Que es la Hipoglicemia? (What Is Hypoglycemia?)*
- Producer:** American Diabetes Association
- Publication Year:** 1988
- Description:** 4-page brochure
- Target Audience:** Patient
- Languages:** Spanish, English
- Synopsis:** Causes, symptoms, detection, treatment of low blood glucose; importance of blood glucose monitoring, early treatment of symptoms; use of glucagon.
- Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title:** *Quetoacidosis (Ketoacidosis)*
- Producer:** American Diabetes Association
- Publication Year:** 1989
- Description:** 4-page brochure
- Target Audience:** Patient
- Languages:** Spanish
- Synopsis:** Warning signs, causes, symptoms, treatment of ketoacidosis in insulin-dependent diabetes—the importance of medical attention is stressed.
- Distributor:** Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title:** *Las Recetas Favoritas de Ed Kranepool para el Control de la Diabetes*
- Producer:** Roerig/Pfizer Pharmaceuticals
- Publication Year:** 1989
- Description:** 16-page booklet, introduction by Ed Kranepool
- Target Audience:** Spanish-speaking people with diabetes
- Languages:** Spanish
- Synopsis:** Seven recipes, with nutrition information and exchange values for each.
- Distributor:** Roerig/Pfizer Pharmaceuticals
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Title: *Recetas para Diabeticos (Recipes for Diabetics)*
Producer: Texas Department of Agriculture
Publication Year: 1985
Description: 29-page cookbook (based on 1976 exchange lists)
Target Audience: Patient
Languages: Spanish
Synopsis: Recipes for Hispanic foods, including exchange information based on the 1976 exchange lists.
Distributor: Texas Department of Health

Title: *Retinopatia Diabetica (Diabetic Retinopathy)*
Producer: American Academy of Ophthalmology
Publication Year: 1988
Description: 8-page brochure
Target Audience: Patient
Languages: Spanish
Synopsis: Causes, symptoms, detection, diagnosis, and treatment (photocoagulation, vitrectomy) of background and proliferative retinopathy are explained. Early detection and treatment by an ophthalmologist are stressed.
Distributor: American Academy of Ophthalmology

Title: *Seleccion del Punto y Rotacion (Site Selection and Rotation)*
Producer: Becton Dickinson Consumer Products
Publication Year: 1982
Description: 10-page brochure. Part of series, *Getting Started*.
Target Audience: Patient
Languages: Spanish, English
Synopsis: Insulin injection site rotation is shown on a 'body map' that can be used to record injections. Site spacing selector gauge is included.
Distributor: Becton Dickinson Consumer Products

Title: *Sick Day Care*
Producer: Patient Education Resource Center
Publication Year: Not listed
Description: 1-page photocopiable fact sheet
Target Audience: Patient
Languages: Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese
Synopsis: Guidelines for self-care during illness are given, including diet adjustments, testing recommendations, and advice about when to call the doctor.
Distributor: Patient Education Resource Center

Title: *Si Usted Obtiene 'C' en Esta Prueba, Cuidado! (If You Get a 'C' On This Test, Beware!)*
Producer: Pfizer Corporation, Puerto Rico
Publication Year: Not listed
Description: 1-page fact-sheet
Target Audience: Patient
Languages: Spanish
Synopsis: Four questions aimed at determining a person's risks of developing diabetes are posed. What diabetes is, how it is diagnosed and treated, and the importance of following a regimen are stressed.
Distributor: Pfizer Corporation, Puerto Rico

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- Title:** *Sobre la Diabetes (About Diabetes)*
Producer: Channing L. Bete Company, Inc.
Publication Year: Not listed
Description: Booklet
Target Audience: Patient
Languages: Spanish, English, large-print
Synopsis: Defines Type I and Type II diabetes, lists symptoms, stresses the importance of early diagnosis. Treatment methods are explained.
Distributor: Channing L. Bete Company, Inc.
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- Title:** *El Stress y la Diabetes (Stress and Diabetes)*
Producer: American Diabetes Association
Publication Year: 1989
Description: 4-page brochure
Target Audience: Patient
Languages: Spanish, English
Synopsis: How stress, emotions, and illness can disrupt diabetes control is discussed, causes of stress are described, and measures to reduce stress are outlined.
Distributor: Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title:** *Supplement to Exchange Lists for Meal Planning: Black American Cookery*
Producer: American Diabetes Association, Washington DC Area Affiliate
Publication Year: 1987
Description: 22-page booklet
Target Audience: Educator
Languages: English
Synopsis: Meal planning information (1986 food exchange values) using typical foods preferred by many Black Americans. Directions for calculating recipe exchange values; free foods; sodium content of commonly used foods; dietary guidelines for professional staff, glossary of terms.
Distributor: American Diabetes Association, Washington DC Area Affiliate
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- Title:** *Tratamiento de las Reacciones a la Insulina (Treating Insulin Reactions)*
Producer: American Diabetes Association
Publication Year: 1989
Description: 4-page brochure
Target Audience: Patient
Languages: Spanish, English
Synopsis: Symptoms, treatment of insulin reactions; guidelines for treating mild and severe reactions, including kinds and amounts of food; use of glucagon; when and how to seek emergency assistance.
Distributor: Available from state affiliates of the ADA. For information: American Diabetes Association, Inc.; Diabetes Information Service Center
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- Title:** *Travel Tips for Diabetics*
Producer: Patient Education Resource Center
Publication Year: Not listed
Description: 2-page photocopiable fact sheet
Target Audience: Patient
Languages: Spanish, English
Synopsis: Tips on transporting insulin and other diabetes equipment, eating on different schedules, obtaining medical assistance while away from home.
Distributor: Patient Education Resource Center
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| Title: | <i>Urine Ketone Test</i> |
| Producer: | Patient Education Resource Center |
| Publication Year: | Not listed |
| Description: | Brochure, photocopiable |
| Target Audience: | Patient |
| Languages: | Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese |
| Synopsis: | The importance of urine ketone testing, and the causes and symptoms of elevated ketones are described. Testing procedures are detailed. |
| Distributor: | Patient Education Resource Center |

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| Title: | <i>Urine Test Record</i> |
| Producer: | Patient Education Resource Center |
| Publication Year: | Not listed |
| Description: | Photocopiable sheet |
| Target Audience: | Patient |
| Languages: | Cambodian, Chinese, English, Korean, Laotian, Spanish, Vietnamese |
| Synopsis: | Not listed |
| Distributor: | Patient Education Resource Center |

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| Title: | <i>Usted: El Ingrediente Mas Importante de Exito Evando se Vive con Diabetes (You: The Most Important Ingredient for Success in Living with Diabetes)</i> |
| Producer: | Roerig/Pfizer Pharmaceuticals |
| Publication Year: | 1986 |
| Description: | 18-page booklet |
| Target Audience: | Spanish-speaking people with newly diagnosed Type II diabetes |
| Languages: | Spanish, English |
| Synopsis: | Getting started on treatment, prescribed drugs, testing, how to handle emergencies, diet, exercise, and personal care. A test record is provided. |
| Distributor: | Roerig/Pfizer Pharmaceuticals |

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| Title: | <i>Usted y la Diabetes (You and Your Diabetes)</i> |
| Producer: | The Upjohn Company |
| Publication Year: | 1985 |
| Description: | 26-page booklet with record form, medical emergency card |
| Target Audience: | Person with noninsulin-dependent diabetes |
| Languages: | Spanish |
| Synopsis: | Symptoms, risk factors, treatment (diet, exercise, medications) care of teeth/wounds/feet, urine testing, hypo/hyperglycemia, and communicating with health care team are discussed. |
| Distributor: | The Upjohn Company |

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| Title: | <i>Vivir con la Diabetes (Living with Diabetes)</i> |
| Producer: | Channing L. Bete Company, Inc |
| Publication Year: | 1987 |
| Description: | 15-page booklet |
| Target Audience: | Patient |
| Languages: | Spanish |
| Synopsis: | Diet, attitude, insulin, exercise, sterilization of needles, site rotation, extra supplies, urine/blood testing, complications, foot care, sick days, and the importance of regular medical care are described. |
| Distributor: | Channing L. Bete Company, Inc. |

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- Title:** *What Is Diabetes?*
Producer: Swanson Center for Nutrition
Publication Year: 1981
Description: 14-page booklet, reading level 8
Target Audience: Patients, particularly American Indians and Alaskan Natives
Languages: English
Synopsis: Part of a series about noninsulin-dependent diabetes and diet. Simple messages focus on etiology, diagnosis, control of the disease.
Related Materials: Slide/tape program covering same information
Distributor: Indian Health Service Diabetes Program
-
- Title:** *Your Pocket Guide to Diabetes Care at the Doctor's Office*
Producer: Washington State Diabetes Control Program
Publication Year: Not listed
Description: 8-page 4" x 6" booklet
Target Audience: Patients
Languages: English
Synopsis: Simple information about diabetes office care, including five pages of checklists for various items that should be done at every doctor's visit, and things that should be done once a year.
Distributor: Diabetes Control Program
-
- Title:** *1,200 Calorias (1,200 Calories)*
Producer: Eli Lilly and Company, Inc.
Publication Year: 1988
Description: 2-page illustrated fact sheet
Target Audience: Patient
Languages: Spanish
Synopsis: Daily 1200-calorie exchange system meal plan. Extensive lists of foods, portion sizes, 'free foods,' space for individual meal plan are provided.
Distributor: Eli Lilly and Company, Inc.
-
- Title:** *100,000 Tienen Diabetes y No lo Saben (100,000 Have Diabetes and Don't Know It)*
Producer: Pfizer Corporation, Puerto Rico
Publication Year: Not listed
Description: 1-page fact sheet
Target Audience: Patient
Languages: Spanish
Synopsis: What diabetes is, its symptoms, warning signs, and treatment are discussed. The importance of medical care, and the patient's role in self-care and monitoring are stressed.
Distributor: Pfizer Corporation, Puerto Rico
-

**Diabetes Educational Resources
for Minority and Low Literacy Populations**

Language Index

Details about these programs are listed on the indicated pages.

Cambodian Programs

| | |
|-----------------------------|----|
| Shopping in the Supermarket | 13 |
|-----------------------------|----|

Chinese Programs

| | |
|--|----|
| Diabetic's Life | 4 |
| Diet and Diabetes | 4 |
| Dietary Management for Hypertension: Chinese Style (Mandarin, Cantonese) | 5 |
| Linking Traditions: A Key to Diabetes for Chinese People (Mandarin, Cantonese) | 10 |
| Insulin | 10 |
| Maturity Onset Diabetes | 11 |
| Shopping in the Supermarket (Cantonese) | 13 |
| What Is Diabetes? | 15 |

French Programs

| | |
|--------------------|----|
| Walking in Balance | 14 |
|--------------------|----|

Greek Programs

| | |
|-------------------------|----|
| Diabetic's Life | 4 |
| Diet and Diabetes | 4 |
| Insulin | 10 |
| Maturity Onset Diabetes | 11 |
| What Is Diabetes? | 15 |

Hmong Programs

| | |
|-----------------------------|----|
| Shopping in the Supermarket | 13 |
|-----------------------------|----|

Italian Programs

| | |
|-------------------------|----|
| Diabetic's Life | 4 |
| Diet and Diabetes | 4 |
| Insulin | 10 |
| Maturity Onset Diabetes | 11 |
| What Is Diabetes? | 15 |

Japanese Programs

| | |
|---|----|
| Diabetic's Life | 4 |
| Diet and Diabetes | 4 |
| Insulin | 10 |
| Maturity Onset Diabetes | 11 |
| What Is Diabetes? | 15 |
| The Nikkei Diet and High Blood Pressure | |

Laotian Programs

| | |
|-----------------------------|----|
| Shopping in the Supermarket | 13 |
|-----------------------------|----|

Mien Programs

| | |
|-----------------------------|----|
| Shopping in the Supermarket | 13 |
|-----------------------------|----|

Navajo Programs

| | |
|---|---|
| Diabetes During Pregnancy—How to Keep the Balance | 3 |
|---|---|

Pilipino (Tagalog) Programs

| | |
|-------------------------------|---|
| Cooking for a Healthier Heart | 2 |
|-------------------------------|---|

Portuguese Programs

| | |
|-------------------------|----|
| Diabetic's Life | 4 |
| Diet and Diabetes | 4 |
| Insulin | 10 |
| Maturity Onset Diabetes | 11 |
| What Is Diabetes? | 15 |

Punjabi Programs

| | |
|-------------------------|----|
| Diabetic's Life | 4 |
| Diet and Diabetes | 4 |
| Insulin | 10 |
| Maturity Onset Diabetes | 11 |
| What Is Diabetes? | 15 |

Spanish Programs

| | |
|---|---|
| The Adult on Insulin—Injecting Insulin (El Adulto que Utiliza Insulina) | 1 |
| Aprendiendo a Vivir con la Diabetes (Learning to Live with Diabetes, Part I: Diet and Nutrition) | 1 |
| Biblioteca de Diabetes en audio cassette Tel-Med (Tel-Med Tape Library: Diabetes) | 1 |
| Como Cuidar su Cuerpo (Taking Care of Your Body) | 1 |
| Como Reducir el Riesgo de las Complicaciones de la Diabetes (Diabetic Complications: Reducing the Odds) | 2 |
| Complications and Diabetes | 2 |
| Los Consumidores Quieren Conocer sobre la Diabetes (Consumers Want To Know About Diabetes) | 2 |
| Diabetes and Exercise (Ejercicios para Diabeticos) | 3 |
| La Diabetes y Usted (Diabetes and You) | 4 |
| Diabetic Retinopathy (La Retinopatia Diabetica) | 4 |
| Diet and Exercise for Type I Diabetes | 5 |
| Diet and Oral Medication for Type II Diabetes | 5 |
| Embarazo y Diabetes (Diabetes in Pregnancy) | 6 |

Spanish Programs (continued)

| | |
|---|----|
| En Balance y en Control (In Balance–In Control) | 7 |
| • Understanding Your Diabetes | |
| • Food Facts of Diabetes | |
| • Diabetes Medication as Directed | |
| • When Control Gets Out of Balance | |
| • Exercise and Diabetes | |
| • Understanding Gestational Diabetes | |
| Entender la Diabetes...y Vivir una Vida Saludable (Understanding Diabetes...To Live a Healthier Life) | 7 |
| Gestational Diabetes | 8 |
| Gestational Diabetes (Diabetes Del Embarazo) | |
| Haciendose Cargo: Enfocando en el Embarazo (Taking Charge: Focus on Pregnancy and Diabetes) | 9 |
| Haciendose Cargo: Viviendo con Diabetes (Taking Charge: Living with Diabetes) | 9 |
| Importance of Monitoring | 10 |
| Introduccion: Diabetes Mellitus I (Diabetes Mellitus I: An Introduction) | 10 |
| Mantenimiento en el Hogar: Como Revisar la Glucosa en la Sangre y la Quetona (Home Monitoring: Blood Glucose and Ketones) | 10 |
| Mantenimiento en el Hogar: Como Revisar la Orina y la Quetona (Home Monitoring: Urine and Ketones) | 11 |
| Overweight: What Can I Do About It? (Sobrepeso: Que Puedo Yo Hacer?) | 11 |
| Overweight: Who's in Control? | 12 |
| Pregnancy and Diabetes | 12 |
| Programa de Ejercicio para Pacientes de Diabetes Tipo II (Exercise for Type II Diabetes) | 12 |
| Proper Use of Insulin | 12 |
| Self-Monitoring of the Blood Glucose | 13 |
| Skin and Foot Care for the Diabetic (El Cuidado de la Piel y los Pies para el Diabetico) | 13 |
| Su Hijo(a) y la Diabetes (Your Child and Diabetes) | 13 |
| Take Care: Understanding Preterm Labor | 14 |
| Value of Diet | 14 |
| Value of Exercise | 14 |
| What Is Diabetes? | 15 |
| What Is Type II Diabetes? | 15 |

Vietnamese Programs

| | |
|-----------------------------|----|
| Shopping in the Supermarket | 13 |
|-----------------------------|----|

Details about these materials are listed on the indicated pages.

Arabic Materials

| | |
|---|----|
| Exchange List for Meal Planning for Diabetic Patients | 31 |
| Insulin Injections for Children with Diabetes | 35 |
| Insulin Injections for Diabetes | 35 |
| Learning About Diabetes | 35 |
| Oral Medication for Diabetes | 37 |

Cambodian Materials

| | |
|---|----|
| Daily Food Record | 24 |
| Diabetes Basics | 24 |
| Diabetes Dietary Basics (Meal Planning) | 25 |
| Foot Care for the Diabetic | 33 |
| Injecting Insulin | 34 |
| Low Blood Sugar | 36 |
| Sick Day Care | 39 |
| Urine Ketone Test | 41 |
| Urine Test Record | 41 |

Chinese Materials

| | |
|--|----|
| Basic Facts About Your Diabetic Diet (Simplified Version) | 19 |
| Dealing with Diabetes | 24 |
| Daily Food Record | 24 |
| Diabetes and Chinese Food | 25 |
| Diabetes Basics | 24 |
| Diabetes Dietary Basics (Meal Planning) | 25 |
| Diabetes Means Changing Your Health Habits, Not Your Social Life | 27 |
| Facts on Diabetes | 32 |
| Food and Diabetes | 33 |
| Foot Care for the Diabetic | 33 |
| Injecting Insulin | 34 |
| Low Blood Sugar | 36 |
| Oral Diabetic Medications | 37 |
| Sick Day Care | 39 |
| Urine Ketone Test | 41 |
| Urine Test Record | 41 |

Finnish Materials

| | |
|-------------------|----|
| Facts on Diabetes | 32 |
|-------------------|----|

French Materials

| | |
|--|----|
| Diabetes Means Changing Your Health Habits, Not Your Social Life | 27 |
| Facts on Diabetes | 32 |

German Materials

| | |
|--|----|
| Diabetes Means Changing Your Health Habits, Not Your Social Life | 27 |
|--|----|

Greek Materials

| | |
|-------------------|----|
| Facts on Diabetes | 32 |
|-------------------|----|

Hindi Materials

| | |
|-------------------|----|
| Facts on Diabetes | 32 |
|-------------------|----|

Italian Materials

| | |
|--|----|
| Diabetes Means Changing Your Health Habits, Not Your Social Life | 27 |
| Facts on Diabetes | 32 |

Japanese Materials

| | |
|--|----|
| Diabetes Means Changing Your Health Habits, Not Your Social Life | 27 |
|--|----|

Korean Materials

| | |
|--|----|
| Daily Food Record | 24 |
| Diabetes Basics | 24 |
| Diabetes Dietary Basics (Meal Planning) | 25 |
| Diabetes Means Changing Your Health Habits, Not Your Social Life | 27 |
| Diabetes Risk Test | 27 |
| Foot Care for the Diabetic | 33 |
| Injecting Insulin | 34 |
| Low Blood Sugar | 36 |
| Sick Day Care | 39 |
| Urine Ketone Test | 41 |
| Urine Test Record | 41 |

Laotian Materials

| | |
|---|----|
| Daily Food Record | 24 |
| Diabetes Basics | 24 |
| Diabetes Dietary Basics (Meal Planning) | 25 |
| Foot Care for the Diabetic | 33 |
| Injecting Insulin | 34 |
| Low Blood Sugar | 36 |
| Sick Day Care | 39 |
| Urine Ketone Test | 41 |
| Urine Test Record | 41 |

Pilipino (Tagalog) Materials

| | |
|--|----|
| Diabetes Means Changing Your Health Habits, Not Your Social Life | 27 |
| Food and Diabetes | 33 |

Polish Materials

| | |
|--|----|
| Diabetes Means Changing Your Health Habits, Not Your Social Life | 27 |
| Facts on Diabetes | 32 |

Portuguese Materials

| | |
|-------------------|----|
| Facts on Diabetes | 32 |
|-------------------|----|

Punjabi Materials

| | |
|-------------------|----|
| Facts on Diabetes | 32 |
|-------------------|----|

Russian Materials

| | |
|-------------------|----|
| Facts on Diabetes | 32 |
|-------------------|----|

Spanish Materials

| | |
|--|----|
| Alimentación y Diabetes | 19 |
| Atencion de los Pies (Foot Care) | 19 |
| Atencion en el Dia que Este Enfermo (Sick Day Care) | 19 |
| Comer Bien Para Vivir Mejor (Eat Well to Live Better) | 19 |
| Comida Hispana en la Dieta Diabetica (Spanish Foods in Diabetic Diets) | 20 |
| Comiendo por su Salud (Eating for Your Health) | 20 |
| Como Analizarse la Sangre (How To Test Your Own Blood Sugar) | 20 |
| Como Controlar su Diabetes (How To Control Your Diabetes) | 20 |
| Como Escoger Alimentos Saludables (Healthy Food Choices) | 20 |
| Como Utilizar el Glucometer II el Medidor de Glucosa en Sangre (How To Use the Glucometer II Blood Glucose Meter) | 21 |
| Como Vivir con Diabetes (How To Live With Diabetes) | 21 |
| Companeros en el Control—Ayudas para Seguir su Plan de Diabetes (Companions in Control—Tips to Help You Stay on Your Diabetes Plan) | 21 |
| Companeros en el Control—Hablemo de Diabetes (Companions in Control—Talking About Diabetes) | 21 |
| Companeros en el Control—Programa de Comidas (Companions in Control—Meal Planner) | 21 |
| Complicaciones del Corazon y los Vasos Sanguineos (Heart and Blood Vessel Complications) | 22 |
| Complicaciones de la Diabetes (Complications of Diabetes) | 22 |
| Complicaciones: Impotencia (Complications: Impotence) | 22 |
| Complicaciones Nerviosas (Nerve Complications) | 22 |
| Complicaciones Renales (Kidney Complications) | 23 |
| Complicaciones Visuales (Eye Complications) | 23 |

Spanish Materials (continued)

| | |
|---|----|
| Consejos de Cuidado Dental para Diabeticos (Dental Tips for Diabetics) | 23 |
| Cuando Uno Tiene Diabetes (When One Has Diabetes) | 23 |
| El Cuidado de sus Pies | 24 |
| Daily Food Record | 24 |
| Dealing with Diabetes (Como Combatir la Diabetes) | 24 |
| Diabetes | 24 |
| Diabetes | 24 |
| Diabetes Basics | 24 |
| Diabetes...La Buena Higiene (Diabetes...Good Hygiene) | 25 |
| Diabetes Dietary Basics (Meal Planning) | 25 |
| La Diabetes...en que Consiste? (Diabetes...What's It All About?) | 26 |
| Diabetes Gravidica (Gestational Diabetes) | 26 |
| Diabetes Hoy | 26 |
| Diabetes InfoLine | 27 |
| Diabetes Means Changing Your Health Habits, Not Your Social Life | 27 |
| Diabetes Mellitus: Guia para Manejar su Diabetes (Diabetes Mellitus: Guide for Managing Your Diabetes) | 27 |
| Diccionario de Diabetes (The Diabetes Dictionary) | 27 |
| La Dieta Diabetica (The Diabetic Diet), 3rd ed. | 28 |
| El Ejercicio | 29 |
| Enfermedad Periodontal en los Diabeticos: Guia para los Pacientes (Periodontal Disease and Diabetes: A Guide for Patients) | 29 |
| En que Consiste el Analisis de Sangre? (What Is Blood Testing?) | 30 |
| Equilibrar: Alimento, Ejercicio, Medicamentos (Balancing Nutrition, Exercise, and Medications) | 30 |
| Es Algun Familiar suyo Diabetico? (Is A Relative Diabetic?) | 30 |
| Examen de Orina para Quetonas (Urine Testing for Ketones) | 31 |
| Extraccion e Inyeccion de la Insulina (Withdrawal and Injection of Insulin) | 32 |
| Facts on Diabetes | 32 |
| Flex and Stretch—Exercise Program for Type II Diabetics (Estiramientos y Flexiones—Programa de Ejercicios para el Diabetico del Tipo II) | 32 |
| Food and Diabetes | 33 |
| Foot Care for the Diabetic | 33 |
| La Gordura No Dura (The Fat Person Does Not Last) | 33 |
| Hiperlipemia-Altos niveles de grasa en la sangre (Hyperlipidemia) | 33 |
| Hipertension-Alta Tension Arterial (Hypertension—High Blood Pressure) | 34 |
| Informacion para Mujeres con Diabetes (Information for Women with Diabetes) | 34 |
| Injecting Insulin | 34 |
| Instrucciones Para El Uso de Su Monitor de Glucosa en la Sangre Tracer IIMR (How to Use Your Tracer TMII Blood Glucose Monitor) | 34 |

Spanish Materials (continued)

| | |
|--|----|
| Lo que Todos Deberia Saber Sobre la Diabetes (What Everyone Should Know About Diabetes) | 35 |
| Low Blood Sugar | 36 |
| Un Mensaje para Personas que Tienen Diabetes y Presion Alta de Sangre (Special Message for Persons Who Have Diabetes and High Blood Pressure) | 36 |
| Menu Para la Dieta de 1,200 (1,500; 1,800) Calorias (alta en carbohidratos y en fibra) Menu for the 1,200 (1,500; 1,800) Calorie Diets (high in carbohydrates and in fiber) | 36 |
| Mezclando Insulinas (Mixing Insulins) | 36 |
| Micronase...Una Medicacion para Ayudar en el Tratamiento de su Diabetes (Micronase...A Medication Used to Help with your Diabetes Treatment) | 36 |
| Oral Diabetic Medications | 37 |
| Padece de Diabetes? (Do You Suffer From Diabetes?) | 37 |
| Planificacion de comidas con Alimentos mexicanoamericanos | 31 |
| Que es la Diabetes Dependiente de la Insulina? (What Is Insulin-Dependent Diabetes?) | 37 |
| Que es la Diabetes No Dependiente de la Insulina? (What Is Noninsulin-Dependent Diabetes?) | 38 |
| Que es la Hiperglicemia? (What Is Hyperglycemia?) | 38 |
| Que es la Hipoglicemia? (What Is Hypoglycemia?) | 38 |
| Quetoacidosis (Ketoacidosis) | 38 |
| Las Recetas Favoritas de Ed Kranepool para el Control de la Diabetes | 38 |
| Recetas para Diabeticos (Recipes for Diabetics) | 39 |
| Retinopatia Diabetica (Diabetic Retinopathy) | 39 |
| Seleccion del Punto y Rotacion (Site Selection and Rotation) | 39 |
| Sick Day Care | 39 |
| Si Usted Obtiene 'C' en Esta Prueba, Cuidado! (If You Get a 'C' On This Test, Beware!) | 39 |
| Sobre la Diabetes (About Diabetes) | 40 |
| El Stress y la Diabetes (Stress and Diabetes) | 40 |
| Tratamiento de las Reacciones a la Insulina (Treating Insulin Reactions) | 40 |
| Travel Tips for Diabetics | 40 |
| Urine Ketone Test | 41 |
| Urine Test Record | 41 |
| Usted: El Ingrediente Mas Importante de Exito Evando se Vive can Diabetes (You: The Most Important Ingredient for Success in Living with Diabetes) | 41 |
| Usted y la Diabetes (You and Your Diabetes) | 41 |
| Vivir con la Diabetes (Living with Diabetes) | 41 |
| 1,200 Calorias (1,200 Calories) | 42 |
| 100,000 Tienen Diabetes y No lo Saben (100,000 Have Diabetes and Don't Know It) | 42 |

Ukranian Materials

| | |
|-------------------|----|
| Facts on Diabetes | 32 |
|-------------------|----|

Vietnamese Materials

| | |
|--|----|
| Daily Food Record | 24 |
| Diabetes Basics | 24 |
| Diabetes Dietary Basics (Meal Planning) | 25 |
| Diabetes Means Changing Your Health Habits, Not Your Social Life | 27 |
| Diabetes Risk Test | 27 |
| Facts on Diabetes | 32 |
| Food and Diabetes | 33 |
| Foot Care for the Diabetic | 33 |
| Injecting Insulin | 34 |
| Low Blood Sugar | 36 |
| Oral Diabetic Medications | 37 |
| Sick Day Care | 39 |
| Urine Ketone Test | 41 |
| Urine Test Record | 41 |

**Diabetes Educational Resources
for Minority and Low Literacy Populations**

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**Diabetes Educational Resources
for Minority and Low Literacy Populations**

Title Index

| | |
|---|----|
| The Adult on Insulin—Injecting Insulin (El Adulto que Utiliza Insulina)..... | 1 |
| Aprendiendo a Vivir con la Diabetes (Learning to Live with Diabetes, Part I: Diet and Nutrition) | 1 |
| Biblioteca de Diabetes en audio cassette Tel-Med (Tel-Med Tape Library: Diabetes)..... | 1 |
| Como Cuidar su Cuerpo (Taking Care of Your Body)..... | 1 |
| Como Reducir el Riesgo de las Complicaciones de la Diabetes (Diabetic Complications: Reducing the Odds) | 2 |
| Complications and Diabetes..... | 2 |
| Los Consumidores Quieren Conocer sobre la Diabetes (Consumers Want To Know About Diabetes)..... | 2 |
| Cooking for a Healthier Heart..... | 2 |
| Diabetes and the Black Community (Hispanic Community)..... | 3 |
| Diabetes During Pregnancy—How to Keep the Balance | 3 |
| Diabetes and Exercise (Ejercicios para Diabeticos) | 3 |
| Diabetes: Taking Care of Your Skin and Feet..... | 3 |
| Diabetes: What Is It? | 3 |
| La Diabetes y Usted (Diabetes and You) | 4 |
| Diabetic Retinopathy (La Retinopatía Diabética)..... | 4 |
| Diabetic's Life | 4 |
| Diet and Diabetes | 4 |
| Diet and Exercise for Type I Diabetes..... | 5 |
| Diet and Oral Medication for Type II Diabetes | 5 |
| Dietary Management for Hypertension: Chinese Style..... | 5 |
| Drink Less Alcohol..... | 5 |
| Eat Less Fat..... | 6 |
| Eat Less Food..... | 6 |
| Eat Less Sugar..... | 6 |
| Embarazo y Diabetes (Diabetes in Pregnancy)..... | 6 |
| En Balance y en Control (In Balance—In Control) | 7 |
| • Understanding Your Diabetes | |
| • Food Facts of Diabetes | |
| • Diabetes Medication as Directed | |
| • When Control Gets Out of Balance | |
| • Exercise and Diabetes | |
| • Understanding Gestational Diabetes | |
| Entender la Diabetes...y Vivir una Vida Saludable (Understanding Diabetes...To Live a Healthier Life) | 7 |
| Exercise and Energy..... | 7 |
| Food Preparation Affects Calories | 8 |
| Gestational Diabetes | 8 |
| Gestational Diabetes (Diabetes Del Embarazo) | 8 |
| Get Up and Move!..... | 8 |
| Haciendose Cargo: Enfocando en el Embarazo (Taking Charge: A Focus on Pregnancy and Diabetes) | 9 |
| Haciendose Cargo: Viviendo con Diabetes (Taking Charge: Living with Diabetes)..... | 9 |
| Health Education for Non-Readers | 9 |
| I Try A Little Harder Now | 9 |
| Importance of Monitoring..... | 10 |
| Insulin | 10 |
| Introduccion: Diabetes Mellitus I (Diabetes Mellitus I: An Introduction) | 10 |
| Linking Traditions: A Key to Diabetes for Chinese People | 10 |
| Mantenimiento en el Hogar: Como Revisar la Glucosa en la Sangre y la Quetona (Home Monitoring: Blood Glucose and Ketones) | 11 |
| Mantenimiento en el Hogar: Como Revisar la Orina y la Quetona (Home Monitoring: Urine and Ketones) | 11 |
| Maturity Onset Diabetes..... | 11 |
| The Nikkei Diet and High Blood Pressure | 11 |
| Overweight: What Can I Do About It? (Sobrepeso: Que Puedo Yo Hacer?)..... | 12 |
| Overweight: Who's in Control?..... | 12 |
| Pregnancy and Diabetes..... | 12 |
| Programa de Ejercicio para Pacientes de Diabetes Tipo II (Exercise for Type II Diabetes)..... | 12 |
| Proper Use of Insulin..... | 13 |

| | |
|--|----|
| Put Away Your Frying Pan..... | 13 |
| Self-Monitoring of the Blood Glucose..... | 13 |
| Shopping in the Supermarket..... | 13 |
| Skin and Foot Care for the Diabetic (El Cuidado de la Piel y los Pies para el Diabetico) | 13 |
| Su Hijo(a) y la Diabetes (Your Child and Diabetes)..... | 14 |
| Take Care: Understanding Preterm Labor..... | 14 |
| Value of Diet..... | 14 |
| Value of Exercise | 14 |
| Walking in Balance | 15 |
| What Is Diabetes?..... | 15 |
| What Is Diabetes?..... | 15 |
| What Is Diabetes?..... | 15 |
| What Is Type II Diabetes? | 16 |

| | |
|---|----|
| Alimentación y Diabetes | 19 |
| Atencion de los Pies (Foot Care) | 19 |
| Atencion en el Dia que Este Enfermo (Sick Day Care) | 19 |
| Basic Facts About Your Diabetic Diet (Simplified Version) | 19 |
| Comer Bien Para Vivir Mejor (Eat Well to Live Better) | 19 |
| Comida Hispana en la Dieta Diabetica (Spanish Foods in Diabetic Diets) | 20 |
| Comiendo por su Salud (Eating for Your Health) | 20 |
| Como Analizarse la Sangre (How To Test Your Own Blood Sugar) | 20 |
| Como Controlar su Diabetes (How To Control Your Diabetes) | 20 |
| Como Escoger Alimentos Saludables (Healthy Food Choices) | 20 |
| Como Utilizar el Glucometer II el Medidor de Glucosa en Sangre (How To Use the Glucometer II Blood Glucose Meter) | 21 |
| Como Vivir con Diabetes (How To Live With Diabetes) | 21 |
| Companeros en el Control—Ayudas para Seguir su Plan de Diabetes (Companions in Control— Tips to Help You Stay on Your Diabetes Plan) | 21 |
| Companeros en el Control—Hablemo de Diabetes (Companions in Control— Talking About Diabetes) | 21 |
| Companeros en el Control—Programa de Comidas (Companions in Control—Meal Planner) | 21 |
| Complicaciones del Corazon y los Vasos Sanguineos (Heart and Blood Vessel Complications) | 22 |
| Complicaciones de la Diabetes (Complications of Diabetes) | 22 |
| Complicaciones: Impotencia (Complications: Impotence) | 22 |
| Complicaciones Nerviosas (Nerve Complications) | 22 |
| Complicaciones Renales (Kidney Complications) | 23 |
| Complicaciones Visuales (Eye Complications) | 23 |
| Consejos de Cuidado Dental para Diabeticos (Dental Tips for Diabetics) | 23 |
| Cuando Uno Tiene Diabetes (When One Has Diabetes) | 23 |
| El Cuidado de sus Pies | 24 |
| Daily Food Record | 24 |
| Dealing with Diabetes (Como Combatir la Diabetes) | 24 |
| Diabetes | 24 |
| Diabetes | 24 |
| Diabetes Basics | 24 |
| Diabetes...La Buena Higiene (Diabetes...Good Hygiene) | 25 |
| Diabetes and Chinese Food | 25 |
| Diabetes Control and the Kosher Diet | 25 |
| Diabetes and Diabetes Education Among the Native Population | 25 |
| Diabetes Dietary Basics (Meal Planning) | 25 |
| La Diabetes...en que Consiste? (Diabetes...What's It All About?) | 26 |
| Diabetes Favors Minorities | 26 |
| Diabetes Gravidica (Gestational Diabetes) | 26 |
| Diabetes and Hispanics: A Resource for Providers | 26 |
| Diabetes Hoy | 26 |
| Diabetes InfoLine | 27 |
| Diabetes Means Changing Your Health Habits, Not Your Social Life | 27 |
| Diabetes Mellitus: Guia para Manejar su Diabetes (Diabetes Mellitus: Guide for Managing Your Diabetes) | 27 |
| Diabetes Risk Test | 27 |
| Diccionario de Diabetes (The Diabetes Dictionary) | 27 |
| La Dieta Diabetica (The Diabetic Diet), 3rd ed. | 28 |
| Diets Kit | 28 |
| Drink Less Alcohol | 28 |
| Eat Less Fat | 28 |
| Eat Less Food | 29 |
| Eat Less Sugar | 29 |
| El Ejercicio | 29 |
| Enfermedad Periodontal en los Diabeticos: Guia para los Pacientes (Periodontal Disease and Diabetes: A Guide for Patients) | 29 |
| En que Consiste el Analisis de Sangre? (What Is Blood Testing?) | 30 |
| Equilibrar: Alimento, Ejercicio, Medicamentos (Balancing Nutrition, Exercise, and Medications) | 30 |

| | |
|--|----|
| Es Algun Familiar suyo Diabetico? (Is A Relative Diabetic?) | 30 |
| Ethnic and Regional Food Practices: A Series (Professionals) | 30 |
| • Chinese American Food Practices, Customs, and Holidays | |
| • Jewish Food Practices, Customs, and Holidays | |
| • Navajo Food Practices, Customs, and Holidays | |
| • Mexican American Food Practices, Customs, and Holidays | |
| Ethnic and Regional Food Practices: A Series (Patients) | 31 |
| • Meal Planning with Mexican American Foods | |
| • Planificacion de comidas con Alimentos mexicanoamericanos | |
| • Meal Planning with Jewish Foods | |
| Examen de Orina para Quetonas (Urine Testing for Ketones) | 31 |
| Exchange List for Meal Planning for Diabetic Patients | 31 |
| Exercise and Energy | 31 |
| Extraccion e Inyeccion de la Insulina (Withdrawal and Injection of Insulin) | 32 |
| Facts on Diabetes | 32 |
| Family Food Choices: A Guide to Weight and Diabetes Control | 32 |
| Flex and Stretch—Exercise Program for Type II Diabetics (Estiramientos y Flexiones— | 32 |
| Programa de Ejercicios para el Diabetico del Tipo II) | |
| Food and Diabetes | 33 |
| Food Preparation Affects Calories | 33 |
| Foot Care for the Diabetic | 33 |
| La Gordura No Dura (The Fat Person Does Not Last) | 33 |
| Hiperlipemia-Altos niveles de grasa en la sangre (Hyperlipidemia) | 33 |
| Hipertension—Alta Tension Arterial (Hypertension—High Blood Pressure) | 34 |
| Indian Place Mats | 34 |
| Informacion para Mujeres con Diabetes (Information for Women with Diabetes) | 34 |
| Injecting Insulin | 34 |
| Instrucciones Para El Uso de Su Monitor de Glucosa en la Sangre Tracer IIMR (How to Use | 34 |
| Your Tracer TMII Blood Glucose Monitor) | |
| Insulin Injections for Children with Diabetes | 35 |
| Insulin Injections for Diabetes | 35 |
| Learning About Diabetes | 35 |
| Lo que Todos Deberia Saber Sobre la Diabetes (What Everyone Should Know About Diabetes) | 35 |
| Leg Exercises for Neuropathy | 35 |
| Low Blood Sugar | 36 |
| Un Mensaje para Personas que Tienen Diabetes y Presion Alta de Sangre (Special Message | 36 |
| for Persons Who Have Diabetes and High Blood Pressure) | |
| Menu Para la Dieta de 1,200 (1,500; 1,800) Calorias (alta en carbohidratos y en fibra). | 36 |
| Menu for the 1,200 (1,500; 1,800) Calorie Diets (high in carbohydrates and in fiber) | |
| Mezclando Insulinas (Mixing Insulins) | 36 |
| Micronase...Una Medicacion para Ayudar en el Tratamiento de su Diabetes | 36 |
| (Micronase...A Medication Used to Help with your Diabetes Treatment) | |
| Oral Diabetic Medications | 37 |
| Oral Medication for Diabetes | 37 |
| Padece de Diabetes? (Do You Suffer From Diabetes?) | 37 |
| Plains Indian Diet Handbook | 37 |
| Que es la Diabetes Dependiente de la Insulina? (What Is Insulin-Dependent Diabetes?) | 37 |
| Que es la Diabetes No Dependiente de la Insulina? (What Is Noninsulin-Dependent Diabetes?) | 38 |
| Que es la Hiperglicemia? (What Is Hyperglycemia?) | 38 |
| Que es la Hipoglicemia? (What Is Hypoglycemia?) | 38 |
| Quetoacidosis (Ketoacidosis) | 38 |
| Las Recetas Favoritas de Ed Kranepool para el Control de la Diabetes | 38 |
| Recetas para Diabeticos (Recipes for Diabetics) | 39 |
| Retinopatía Diabética (Diabetic Retinopathy) | 39 |
| Selección del Punto y Rotación (Site Selection and Rotation) | 39 |
| Sick Day Care | 39 |
| Si Usted Obtiene 'C' en Esta Prueba, Cuidado! (If You Get a 'C' On This Test, Beware!) | 39 |
| Sobre la Diabetes (About Diabetes) | 40 |
| El Stress y la Diabetes (Stress and Diabetes) | 40 |
| Supplement to Exchange Lists for Meal Planning: Black American Cookery | 40 |

| | |
|--|----|
| Tratamiento de las Reacciones a la Insulina (Treating Insulin Reactions) | 40 |
| Travel Tips for Diabetics | 40 |
| Urine Ketone Test | 41 |
| Urine Test Record | 41 |
| Usted: El Ingredient Mas Importante de Exito Evando se Vive can Diabetes (You: The Most Important Ingredient for Success in Living with Diabetes) | 41 |
| Usted y la Diabetes (You and Your Diabetes) | 41 |
| Vivir con la Diabetes (Living with Diabetes) | 41 |
| What Is Diabetes? | 42 |
| Your Pocket Guide to Diabetes Care at the Doctor's Office | 42 |
| 1,200 Calorias (1,200 Calories) | 42 |
| 100,000 Tienen Diabetes y No lo Saben (100,000 Have Diabetes and Don't Know It) | 42 |

**Diabetes Educational Resources
for Minority and Low Literacy Populations**

Other Resources

The National Diabetes Information Clearinghouse has access to information about many diabetes resources. Among the valuable publications available from the NDIC:

Title: ***Diabetes-Related Programs for Black Americans***
Producer: National Diabetes Information Clearinghouse, National Institutes of Diabetes and Digestive and Kidney Diseases, NIH
Publication Year: 1990
Description: 64-page booklet
Target Audience: Health professionals
Languages: English
Synopsis: Describes health programs that are directed to Black Americans or that include blacks in their client populations. Programs listed specifically address diabetes or its complications among the health services offered. Includes a reading list and information about organizations that offer health services to blacks.

The Clearinghouse also offers updated literature searches, including:

- ***Foreign-Language Materials: 1985–1990***
- ***Diabetes in Minority Populations: May 1991***
- ***Diabetes Printed Educational Materials for People with Limited Reading Skills: June 1991***

For further information about topics of interest to you, please contact:

Beatrice Jakubowski
National Diabetes Information Clearinghouse
Box NDIC
9000 Rickville Pike
Bethesda, Maryland 20892

Other national sources of information are:

Office of Minority Health
Rockwall II Building, Suite 1102
5515 Security Lane
Rickville, Maryland 20852

Office of Minority Health Resources
P.O. Box 37337
Washington, DC 20013-7337

If you know of print or media materials for minority and/or low literacy populations that are not listed in this guide, please fill out the following information about the resource, and return to:

Patricia Barr
Biomedical Communications
1327 Jones Drive, Suite 104
Ann Arbor, MI 48105

Title: _____

Producer: _____

Publication Year: _____

Description: _____

Target Audience: _____

Languages: _____

Synopsis: _____

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If you have any comments or recommendations about print or media materials listed in this book, please write them here, and return to the address above.

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